

*Navajo Nation
Youth Risk Behavior Survey
2011 Report*





2011 Middle School Report

2011

NAVAJO NATION MIDDLE SCHOOL YOUTH RISK BEHAVIOR SURVEY REPORT

A publication of the Navajo Nation Division of Health and the
Navajo Area Indian Health Service

Primary Navajo Nation Youth Risk Behavior Survey Team:

David Foley
Epidemiologist, Navajo Epidemiology Center

Natasha Bitsui
Senior Health Educator
Navajo Health Education Program, Navajo Division of Health
Ft. Defiance Service Unit

Lishua Gishie
Senior Health Educator
Navajo Health Education Program, Navajo Division of Health
Winslow Service Unit

Philene S. Herrera
Program Manager III
Navajo Health Education Program, Navajo Division of Health

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The 2011 Navajo Middle School Youth Risk Behavior Survey (NYRBS) report is based on the surveillance system first initiated in 1993. This report was completed, published, and provided through the significant support and contribution of numerous individuals and groups who are committed to enhancing adolescent health.

We gratefully acknowledge:

- ✚ Participating Students, Teachers, Administrators, Principals, Superintendents, Counselors, School Boards
- ✚ Parents
- ✚ Navajo Nation President's Office
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- ✚ Navajo Area Indian Health Service
- ✚ Navajo Nation Human Research Review Board
- ✚ Navajo Nation Division of Youth Services
- ✚ Centers for Disease Control and Prevention
- ✚ State Departments of Health for Arizona, New Mexico and Utah

The 2011 Navajo Nation YRBS provides important information on youth health-risk behaviors. The information is meant to increase awareness, help target unmet needs, identify priority areas, evaluate and monitor programs, and to secure additional resources for intervention and prevention initiatives.

EXECUTIVE SUMMARY

Since 1997, the Navajo Nation youth risk behavior surveillance system has been used to monitor health-risk behaviors among youth in middle and high schools. In 2008, a resiliency component was added to the surveillance efforts. This component was only used in the 2008 survey.

This report provides information on youth health-risk behavioral factors for middle school students. Health-risk behaviors among youth may lead to early morbidity and mortality, commonly extend into adulthood, are often interrelated, and are preventable. The 2011 Navajo Youth Risk Behavior Survey was administered to identify patterns and trends, to develop and implement interventions, and to evaluate and monitor youth and school health programs to reduce potential behavioral risk factors among Navajo youth. The Middle School NYRBS monitors six categories for priority health-risk behaviors, including behaviors that contribute to unintentional injuries and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy and sexually transmitted disease, physical inactivity, and behaviors that affect body weight.

The survey was completed by 9,152 students in 81 public middle schools on and near the Navajo Reservation. The school response rate was 81%, the student response rate was 81%, and the overall response rate was 66%.

The Navajo Nation collaborates with the Centers for Disease Control and Prevention (CDC) for data processing and

analysis. This report contains tables and graphs illustrating responses to survey questions by sex, grade, and race. A copy of the 2011 middle school survey is provided in the back of the document.

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BACKGROUND

The leading causes of morbidity and mortality among youth and adults in the United States are related to six categories of priority health-risk behaviors: 1) behaviors that contribute to unintentional injuries and violence; 2) tobacco use; 3) alcohol and other drug use; 4) sexual behaviors that contribute to unintended pregnancy and STDs, including human immunodeficiency virus (HIV) infection; 5) unhealthy dietary behaviors; and 6) physical inactivity. These behaviors frequently are interrelated and are established during childhood and adolescence and extend into adulthood.

To monitor priority health-risk behaviors in each of these six categories and obesity and asthma among youth and young adults, Centers for Disease Control and Prevention developed the Youth Risk Behavior Surveillance System which uses the Youth Risk Behavior Survey (YRBS). Information about the YRBSS can be found at www.cdc.gov/YRBSS. Collaborations among the CDC and Navajo education and health systems, including the Indian Health Service, began in the mid-1990s and remain active. In 1997, the YRRS was administered to seven middle schools in the Shiprock Service Unit and public high schools located on or near the Navajo Nation. In 2000 and 2003, the YRRS was administered to middle and high school students attending schools on or near the Navajo Nation. The 2003, 2005, 2008, 2011 surveys included Bureau of Indian Education-funded schools on the Navajo Nation. The 1997, 2000 and 2003 surveys were administered in the spring the 2005, 2008 and 2011 surveys were administered in the fall.

In the fall 2008, the YRRS was modified to include resiliency questions and was renamed the Youth Risk and Resilience Survey (YRRS). In the fall of 2011, the resiliency component of the survey was taken out, and only behavioral component was surveyed. Also in the Fall of 2011, the New Mexico Department of Health (NMDOH) collaborated with the Navajo Nation to conduct a similar survey utilizing a majority of the same questions from the Center of Disease Control YRBS. Some Navajo Nation schools were selected to participate in the NMDOH survey while others participated in the NYRB Survey.

Youth, parents, youth program administrators, school teachers, school administrators, public health and health care practitioners, researchers, policy makers, and other youth advocates are encouraged to use the information in this report to establish priorities, seek and secure funding and resources, implement and monitor interventions, and establish prevention programs to increase healthy behaviors and strengthen resiliency among Navajo Nation youth.

METHODS

Description of the Youth Risk and Resiliency Survey

Students completed a self-administered, anonymous, 82-item questionnaire. Survey procedures were designed to protect the privacy of students by allowing for anonymous and voluntary participation. Local parental permission procedures were followed before survey administration.

The Middle School YRBS includes questions to assess factors associated with behavior and includes questions about behaviors that contribute to unintentional injuries and violence, tobacco use, alcohol and other drug use, sexual behaviors that contribute to unintended pregnancy and sexually transmitted disease, unhealthy dietary behaviors, physical inactivity, and obesity.

Description of Survey Administration



At the beginning of the Spring semester 2011, NYRBS orientation arrangements were made with each school for teachers and volunteers on how to administer the survey and its use. NYRBS fact sheets and parent permission forms were provided to the schools and parents. Each student with parent permission and attending any of the targeted schools was asked to voluntarily participate in the survey.

Packets were prepared for each classroom by survey administrators. The packets contained instructions, a script, questionnaires, answer sheets, and pencils for the teachers and volunteers. From this packet, each participating student was given a questionnaire booklet, a scan able answer sheet to record their responses, and a No. 2 pencil which they could keep.

The script was read to the students. To protect the privacy of the students, they were assured that their participation was voluntary and that they would remain anonymous. The students were asked not to record their name, student identification number, or any other information that could identify them individually.

All the questionnaires and answer sheets were collected, placed in an envelope, and returned to the Health Promotion or Health Education staff members. The staff members then reviewed answer sheets for stray marks that might affect electronic scanning. The answer sheets were scanned and the data processed in collaboration with CDC using standard data processing protocols developed by the CDC. The Navajo Nation Division of Health Epidemiologist then wrote this final report.

Sample Description

-  **School Level** - All 100 regular public schools containing grades 6, 7, or 8 and having a school enrollment of at least 10 students were included in the sample if they were on the Navajo Nation or were a school located in a border town with at least 50% Navajo student enrollment. 52 of these schools were Bureau of Indian Education-funded schools.
-  **Class Level** - All students in participating schools were included in the sample.


Middle School Sampling Summary, 1997-2011


YEAR	TARGET REGION	TARGET SCHOOLS
1997	Navajo	High Schools on or near Navajo Nation
2000	Navajo	High Schools on or near Navajo Nation
2003	Navajo	High Schools on or near Navajo Nation + BIA* schools
2005	Navajo	High Schools on or near Navajo Nation + BIE** schools
2008	Navajo	High Schools on or near

2011 Navajo Navajo Nation + BIE** schools
High Schools on or near
Navajo Nation + BIE** schools

* Bureau of Indian Affairs
**Bureau of Indian Education

Response Rates

 **Schools** - 81%; 81 of the 100 sampled eligible schools participated.

 **Students** – 81%; 9,170 of the 11,290 sampled students submitted questionnaires. 9,152 questionnaires were usable after data editing.

High School Response Rate Summary, 1997-2011

YEAR	SCHOOL RESPONSE RATE	STUDENT RESPONSE RATE	OVERALL RESPONSE RATE
1997	91%	66%	60%
2000	89%	65%	58%
2003	86%	71%	61%
2005	93%	71%	66%
2008	94%	76%	71%
2011	81%	81%	66%

Weighting

A weight has been associated with each questionnaire to reflect the likelihood of sampling each student and to reduce bias by compensating for differing patterns of non-response.

The weight used for estimated is given by:

$$W = f1 * f2 * f3$$

F1 = a school-level non-response adjustment factor calculated by school size category (small, medium, large). The factor was calculated in terms of school enrollment instead of number of schools;

F2 = a student-level non-response adjustment factor calculated by school;

F3 = a post-stratification adjustment factor calculated by gender within grade.

*Overall response rate is computed as (number of participating schools/number of eligible sampled schools) * (number of usable questionnaires/number of eligible students sampled in participating schools), rounded to the nearest integer.

Use of the Weighted Results

The weighted results can be used to make important inferences concerning the priority health-risk behaviors of all middle school students in grades 6 through 8 in schools with an enrollment of at least 10 on or near the Navajo Reservation or in a border town school with at least 50% Navajo student enrollment.

REPORT FORMAT

First, the front section of the 2011 Navajo Nation Middle School YRBS report include acknowledgements, an executive summary, background, methods, and survey summary results.

Second, the Navajo Nation Middle School YRBS results are presented for each of the six health-risk behaviors and

resiliency factors. At the beginning of each priority section, a Rationale statement prepared by CDC is included.

A graph illustrating select questions within each priority section is included with stratifications by sex, grade, and race. The narrative interpretations summarize any differences. Within topic areas, results from 1997-2011 are provided to show any trends with respect to that particular question and/or behavior.

Third, the latter sections of the report include the 2011 questionnaire and references.

QUESTIONS MAY BE DIRECTED TO

✚ Natasha Bitsui, Senior Health Educator
Fort Defiance Health Education Program
Phone: 928-871-7970
E-mail: natasha.bitsui@nndoh.org

✚ Lishua Gishie, Senior Health Educator
Winslow Navajo Health Education Program
Phone: 928-289-8045
E-mail: lishua.gishie@wihcc.org

✚ Philene S. Herrera, Program Manager III
Navajo Health Education Program
Phone: 928-871-6258
E-mail: p.herrera@nndoh.org

2011 NAVAJO NATION MIDDLE SCHOOL NYRBS SURVEY SUMMARY

The 2011 Navajo Nation Middle School Youth Risk Behavior Survey was completed by 9,152 students in 81 public middle schools in Navajo during the fall of 2011. The school response rate was 81%, the student response was 81%, and the overall response rate was 66%. The results are representative of all students found in the Navajo Nation grades 6-8.

The weighted demographic characteristics of the sample are as follows:

Gender:

- Female: 50.2%
- Male: 49.8%

Grade:

- 6th grade: 33.5%
- 7th grade: 33.5%
- 8th grade: 32.5%
- Other: 0.5%

Race:

- Black: 1.3%
- Hispanic/Latino: 12.3%
- Native American: 77.5%
- White: 4.3%
- All other races: 2.3%
- Multiple races: 2.2%

HIGHLIGHTS & KEY FINDINGS

Achieving Healthy People 2020 Objectives:

- 23.9% of middle school students had ever ridden in a car driven by someone who had been drinking alcohol. HP 2020 Objective = 25.5%
- 11.4% of students had smoke cigarettes on one more of the past 30 days. HP 2020 Objective = 16.0%
- 16.4 % of students had smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days. HP 2020 Objective = 21.0%
- 89.0% of male students have never had sexual intercourse, and 92.3% of female students have never had sexual intercourse. HP 2020 Objective males = 78.3%, HP 202 Objective females = 79.3%
- 66.0% of female students used a condom during their last sexual encounter. HP 2020 Objective 58.1% for females
- 27.0% of students had exercised for 60 minutes per day on 7 of the previous 7 days. HP 2020 Objective = 20.2%

ADDITIONAL KEY FINDINGS

All three questions pertaining to suicide are decreasing, however, middle school students in the Navajo Nation were:

- 11.1% more likely to seriously think about killing themselves,

- 18.6% more likely to make a plan for killing themselves
- 52.9% more likely to have tried to kill themselves than New Mexico middle school students.

Additionally, female students were more likely to think about, make a plan for, and to have tried killing themselves than male students.

- Female students were more likely to report bullying than male students (43% and 38.5%), and more likely to report electronic bullying (20.3% and 9.3%).
- MS school students were almost as likely to have ever tried marijuana (24.25%) as alcohol (24.7%)
- About 1 in every 8 students has ever tried inhalants
- 1 in every 4 students has ever abused prescription drugs
- 43% of students reported most of the time or always speaking a language other than English in their home
- 47.4% participated in some traditional ceremonies such as puberty, blessing way, fire dance, and Yeibichei
- 70% of students know their mother's clan or ancestry
- 64.9% know their father's clan or ancestry

IMPROVING TRENDS

- Having ever tried smoking cigarettes has decreased by 45.2% since 2003
- Having smoked on at least 1 of the previous 30 days has decreased by 40% since 2003.
- Having every tried marijuana has decreased by 32.4% since 2003
- Having used chewing tobacco on at least 1 of the previous 30 days has decreased by 20.9% since 2005
- Having smoked before the age of 11 has decreased by 20.4% since 2007
- Having used a condom during last sexual encounter has increased by 136% since 2003.
- Daily PE attendance has increased by 28% since 2005.
- The percentage of students who have never tried alcohol has increased by 26.3%
- The percentage of students who exercised for 60 minutes on at least 5 of the previous 7 days has increased by 14.9% since 2007

WORSENING TRENDS

The percentage of students who have been taught about AIDS or HIV in school has decreased by 45.9% since 2003.



Violence and Unintentional Injuries

RATIONALE (FROM THE NATIONAL YOUTH RISK BEHAVIOR SURVEY):

This question measures the frequency of helmet use while riding a bicycle. In 2000-2001, bicycle activities were the third leading type of sports and recreation-related activities in which 15- to 19-year-old males were injured and had to be treated at an emergency department.

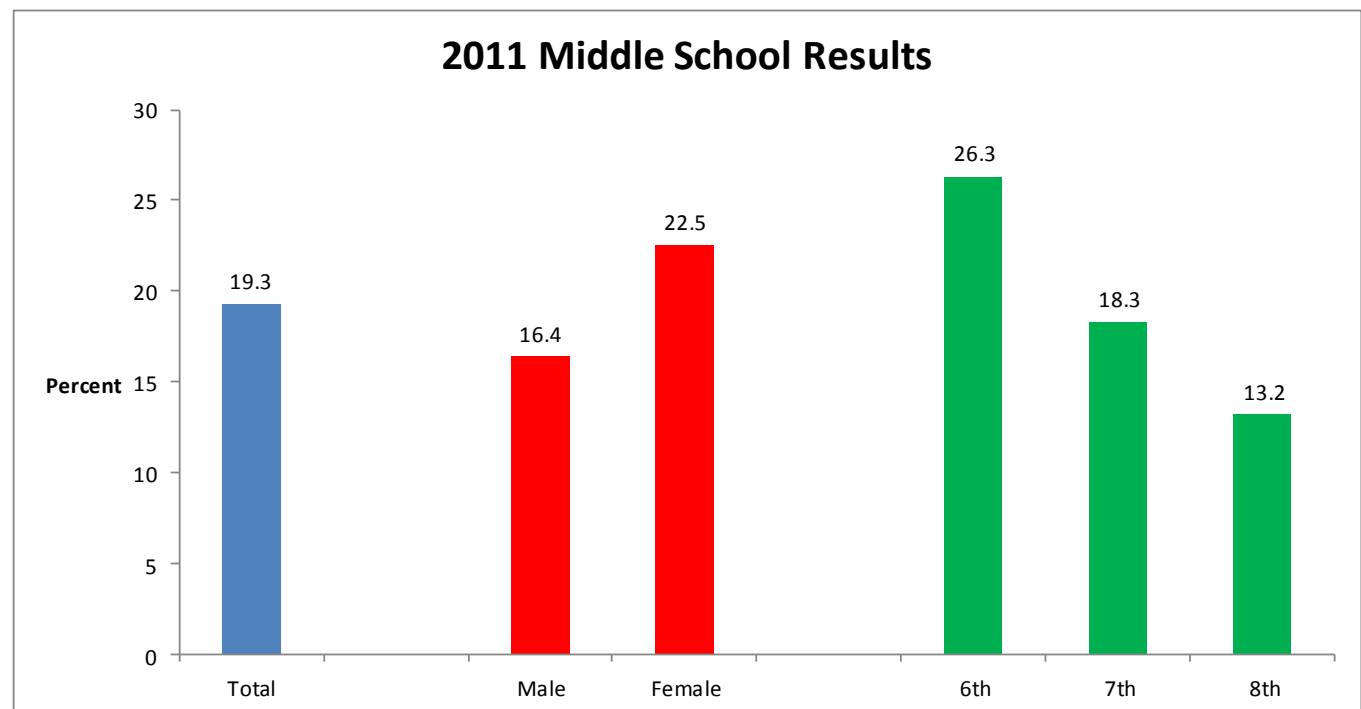
In 2008, 13% of bicyclists who were killed and 25% of those injured and treated in a hospital emergency department were under age 16. Head injury is the leading cause of death in bicycle crashes and use of bicycle helmets is the single most effective way of reducing head injuries and fatalities. Estimates indicate bicycle helmets may prevent approximately 56% of bicycle-related deaths, 65%-88% of bicycle-related brain injuries, and 65% of serious facial injuries to the upper and middle regions of the face. In 2009, among the 70% of high school students nationwide who had ridden a bicycle during the 12 months before the survey, 85% had rarely or never worn a bicycle helmet. During 1991–2001, a significant linear decrease occurred in the percentage of students who rarely or never wore a bicycle helmet (96%–85%), and then did not change significantly during 2001–2009 (85%–85%).

Among students who rode a bicycle during the past 12 months, the percentage who usually¹ wore a bicycle helmet

Healthy People 2020 Objective: None Available

2011 New Mexico Middle School: 24.1%

2011 New Mexico Middle School Native American/Alaska Native: 18.6%



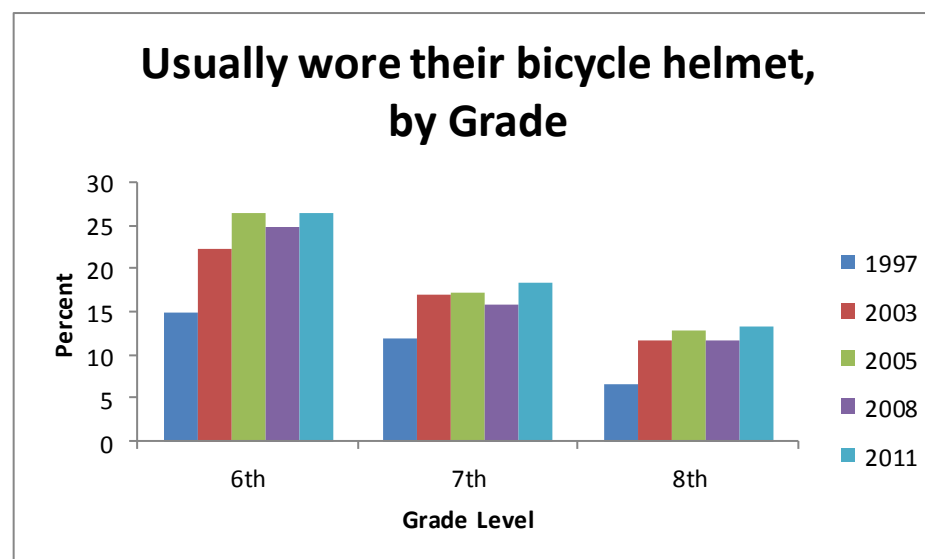
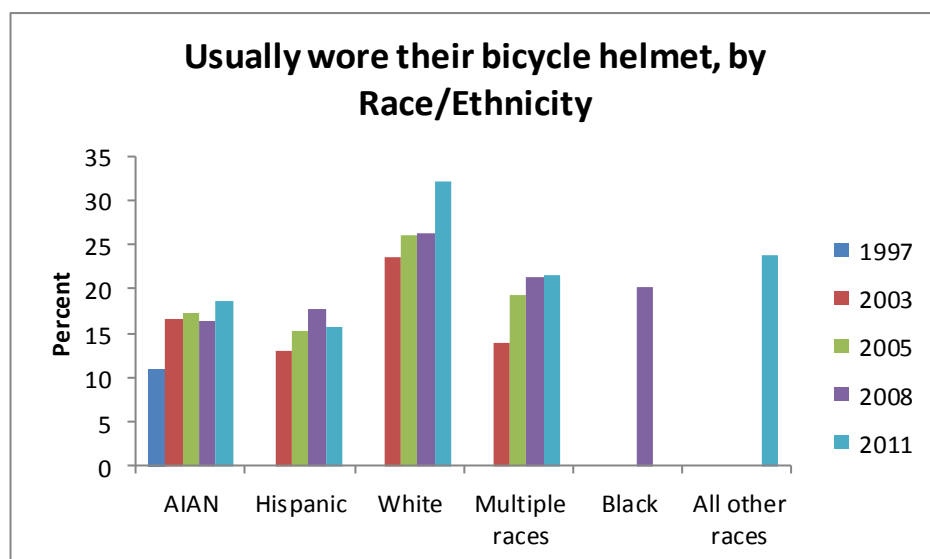
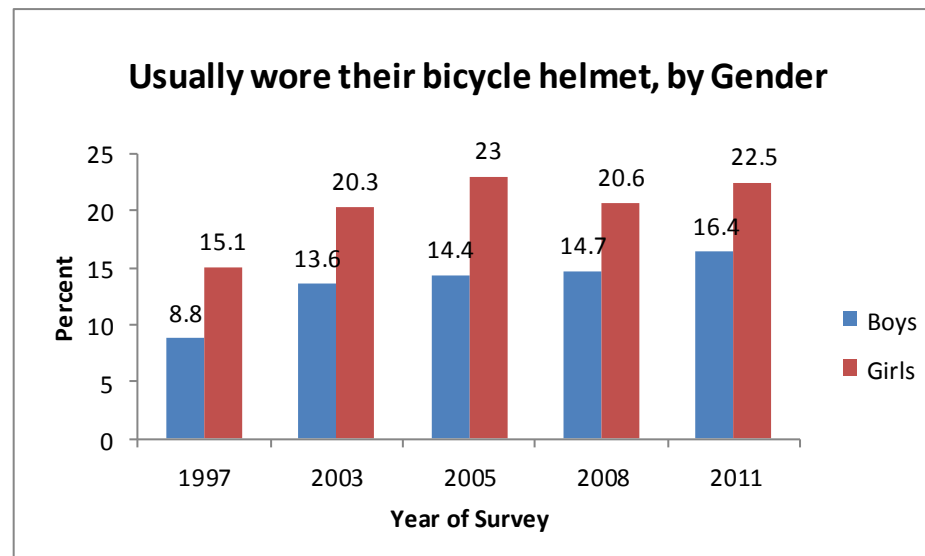
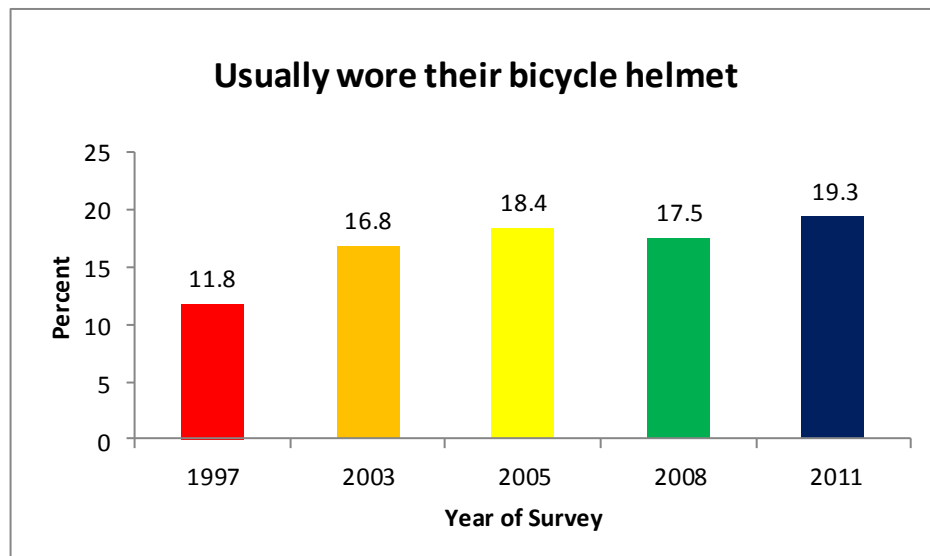
¹Sometimes, most of the time or always

*Non-Hispanic

There are missing values if there are fewer than 100 respondents

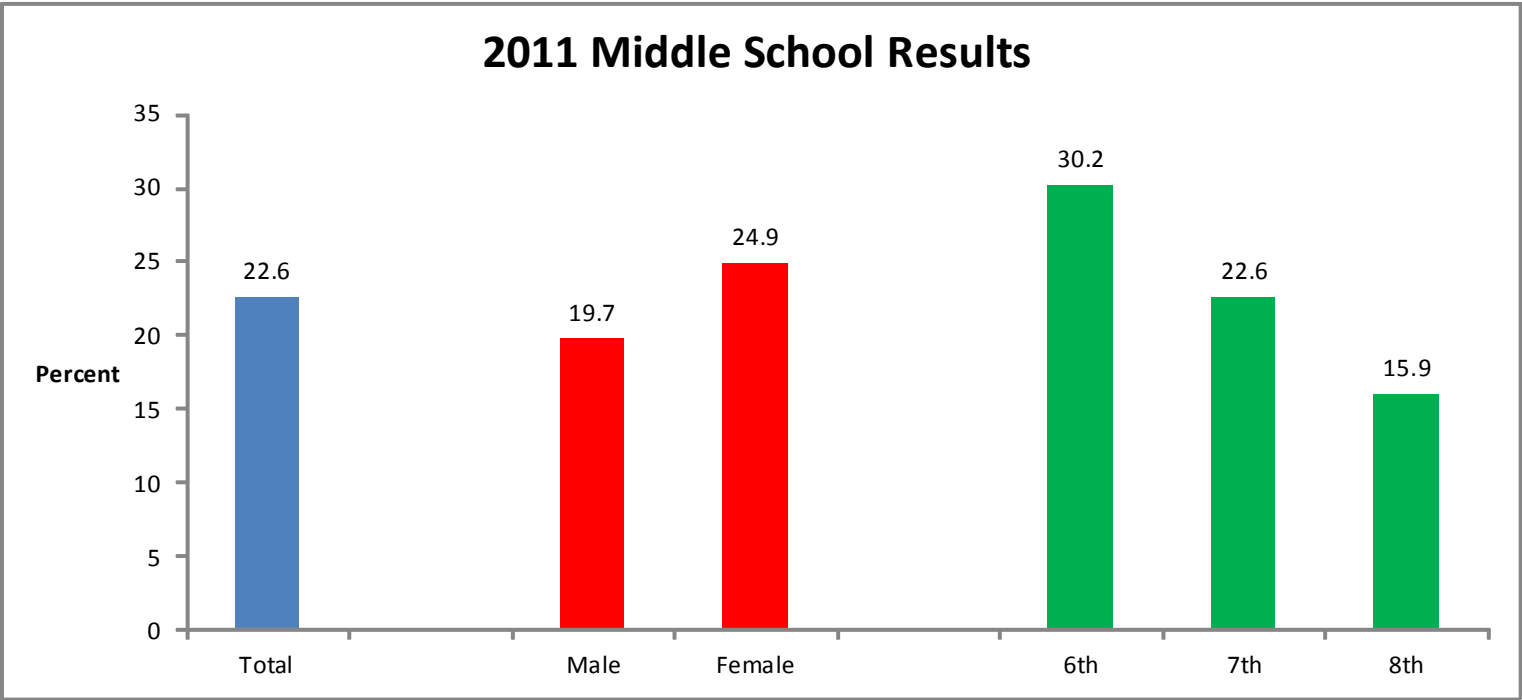
Among students who rode a bicycle during the past 12 months, the percentage who usually wore a bicycle helmet

Healthy People 2020 Objective: None Available



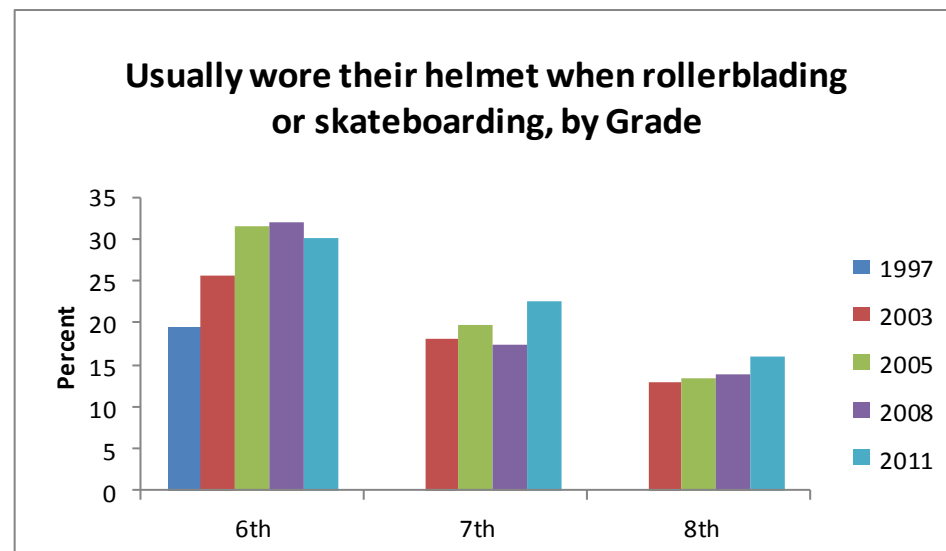
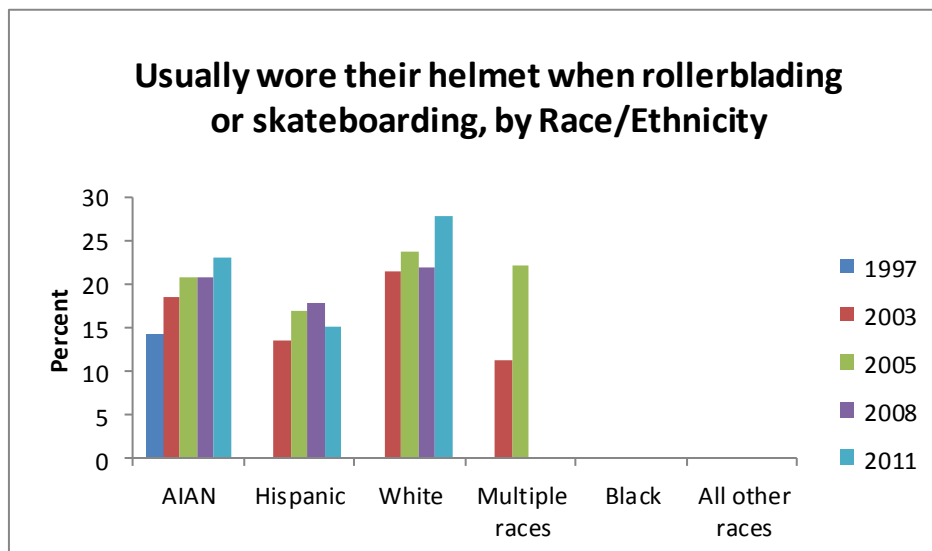
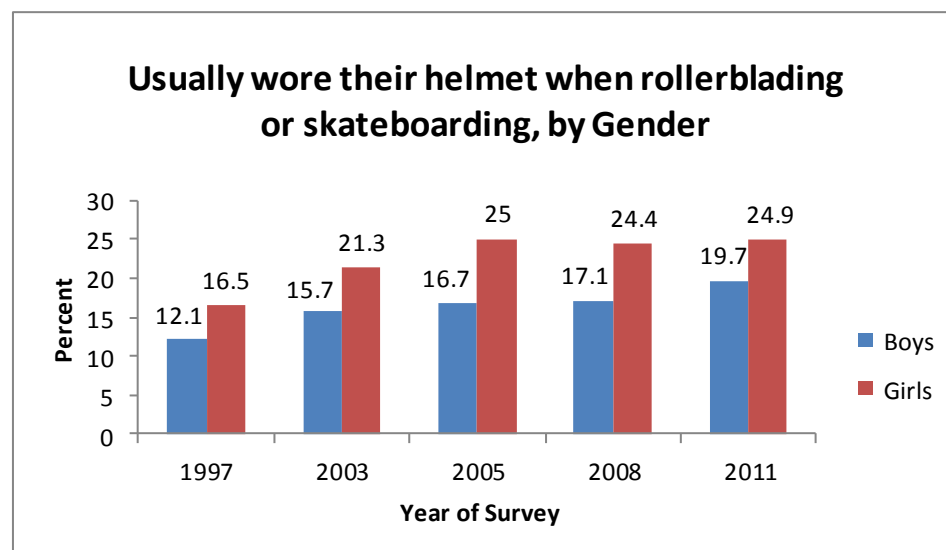
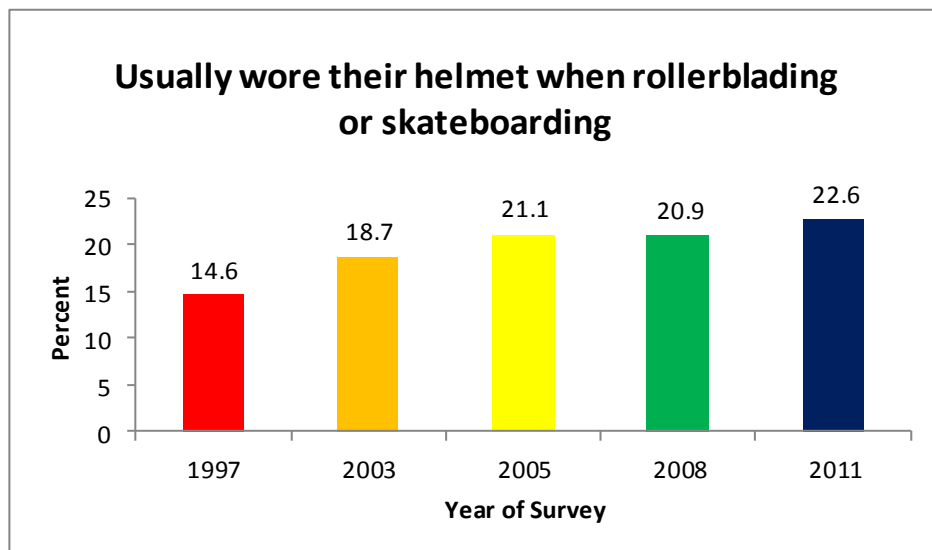
Among students who used rollerblades or rode a skateboard, the percentage who usually wore a helmet.

Healthy People 2020 Objective: None Available
2011 New Mexico Middle School: NA
2011 New Mexico Middle School Native American/Alaska Native: NA



Among students who used rollerblades or rode a skateboard, the percentage who usually wore a helmet.

Healthy People 2020 Objective: None Available



RATIONALE:

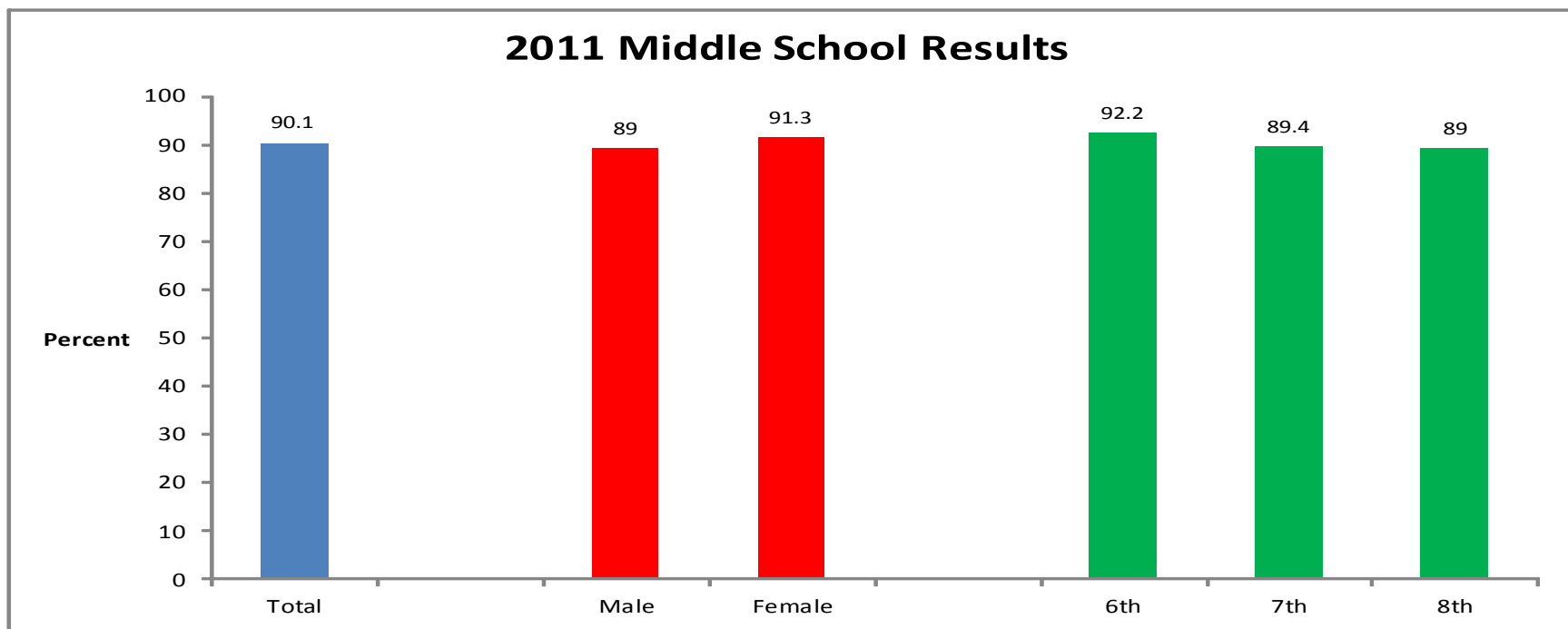
These questions measure the frequency with which high school students drove a motor vehicle while under the influence of alcohol or rode as a passenger in a motor vehicle operated by someone who was under the influence of alcohol. In 2008, 22% of 15- to 20-year-old drivers who were killed in motor vehicle crashes and 4% of those injured in crashes had been drinking alcohol. In 2008, 31% of drivers ages 15- to 20-years old who were killed in crashes had a blood alcohol concentration (BAC) of .01 grams per deciliter (g/dL) or higher; 25% had a BAC of .08 or higher at the time of the crash. In 2009, 10% of high school students nationwide had driven a car or other vehicle one or more times when they had been drinking alcohol and 28% of high school students nationwide had ridden in a car or other vehicle driven by someone who had been drinking alcohol one or more times during the 30 days before the survey. The percentage of students who drove when they had been drinking alcohol did not change significantly during 1991–1997 (17%–17%) and then decreased during 1997–2009 (17%–10%). During 1991–2009, a significant linear decrease occurred in the percentage of students who rode with a driver who had been drinking alcohol (40%–28%).

Percentage of students who usually wore a seat belt when riding in a car driven by someone else

Healthy People 2020 Objective: 92.4%, not adolescent specific

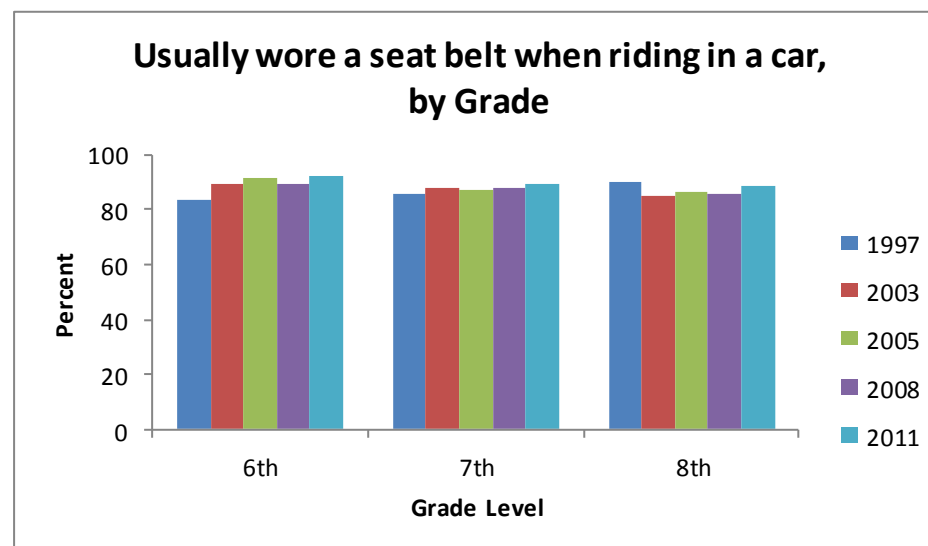
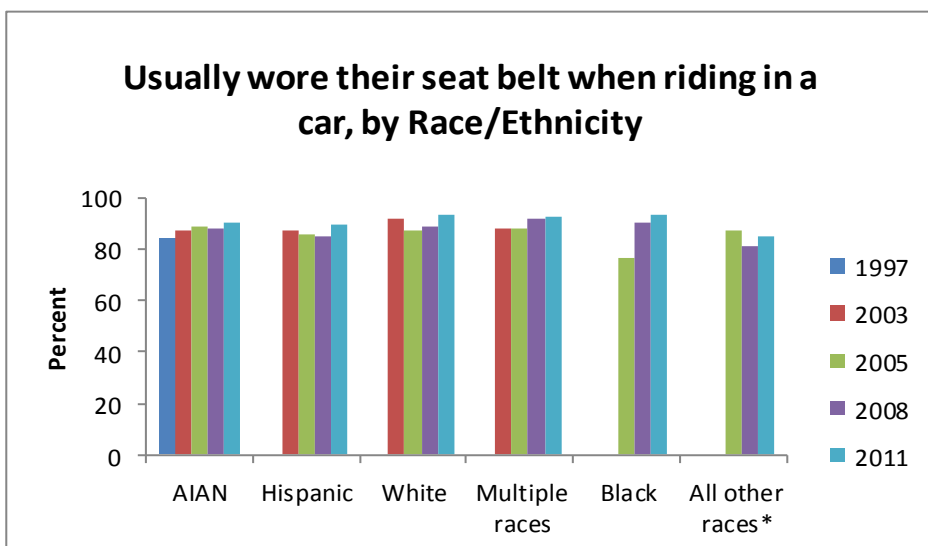
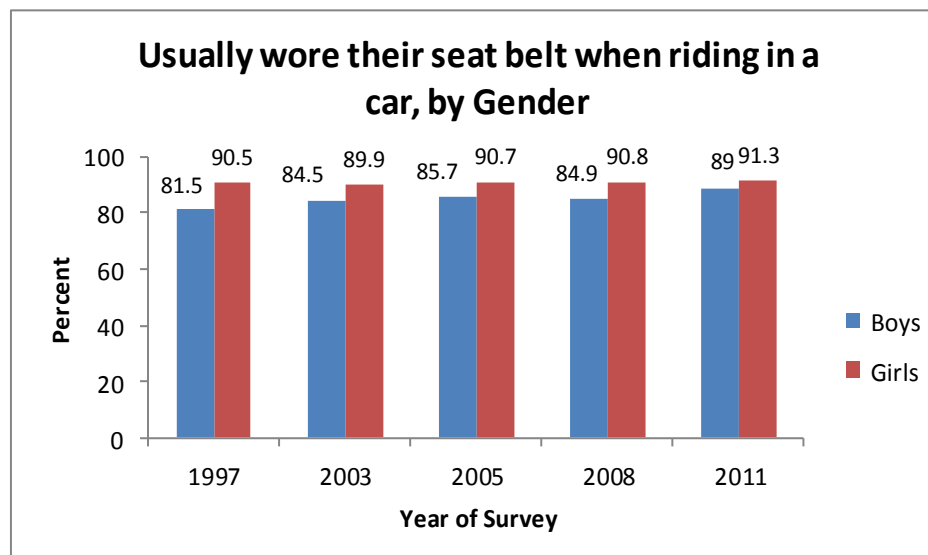
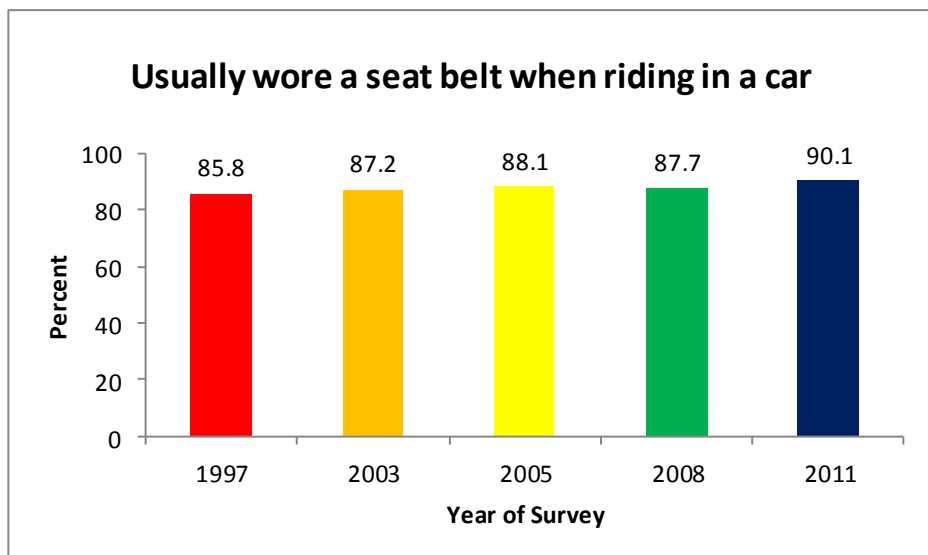
2011 New Mexico Middle School: 92.5%

2011 New Mexico Middle School Native American/Alaska Native: 89.1%



Percentage of students who usually wore a seat belt when riding in a car driven by someone else

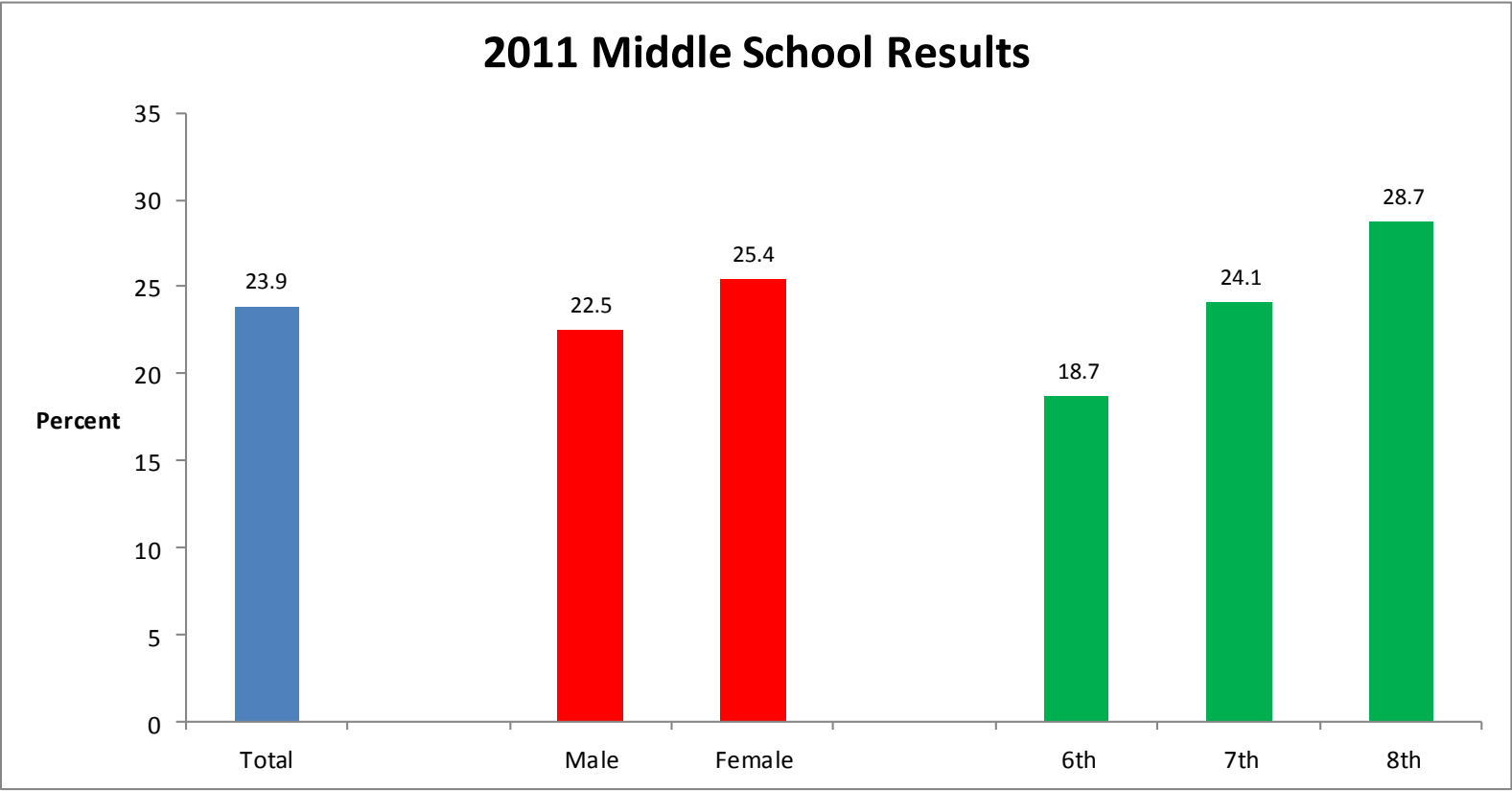
Healthy People 2020 Objective: 92.4%, not adolescent specific



*Only includes Native Hawaiian and other Pacific Islander for years 2005 & 2008

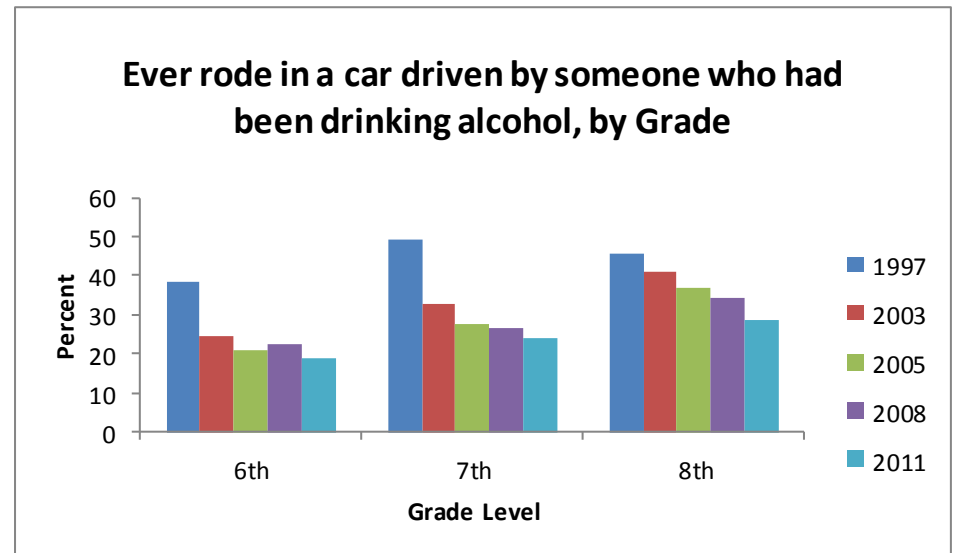
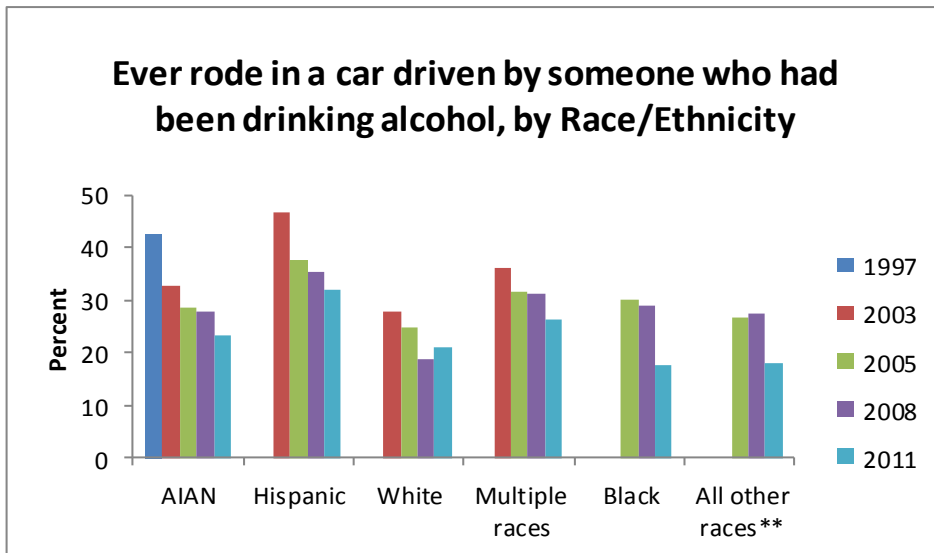
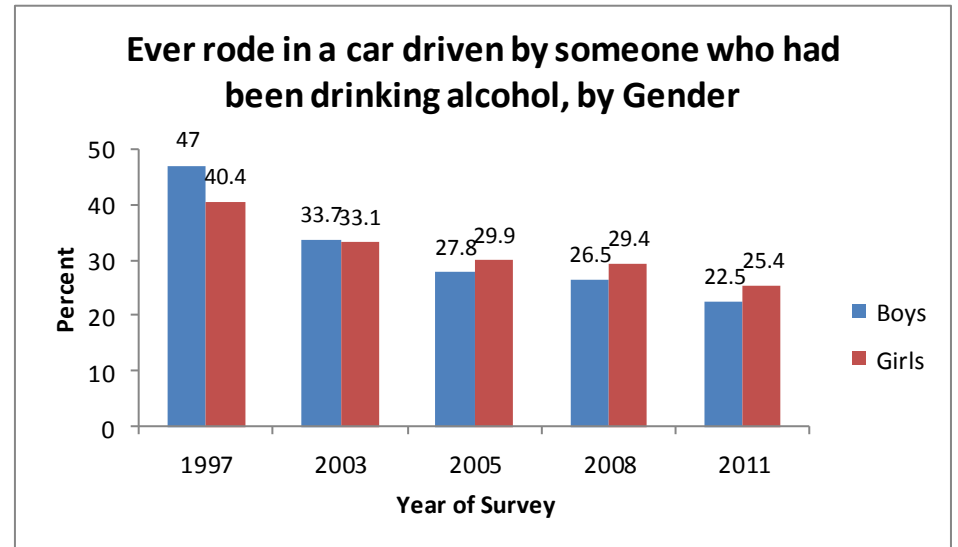
Percentage of middle school students who ever rode in car driven by someone who had been drinking alcohol.

Healthy People 2020 Objective: 25.5%
2011 New Mexico Middle School: 24.8%
2011 New Mexico Middle School Native American/Alaska Native: 18.8%



Percentage of middle school students who ever rode in car driven by someone who had been drinking alcohol.

Healthy People 2020 Objective: 25.5%



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

RATIONALE:

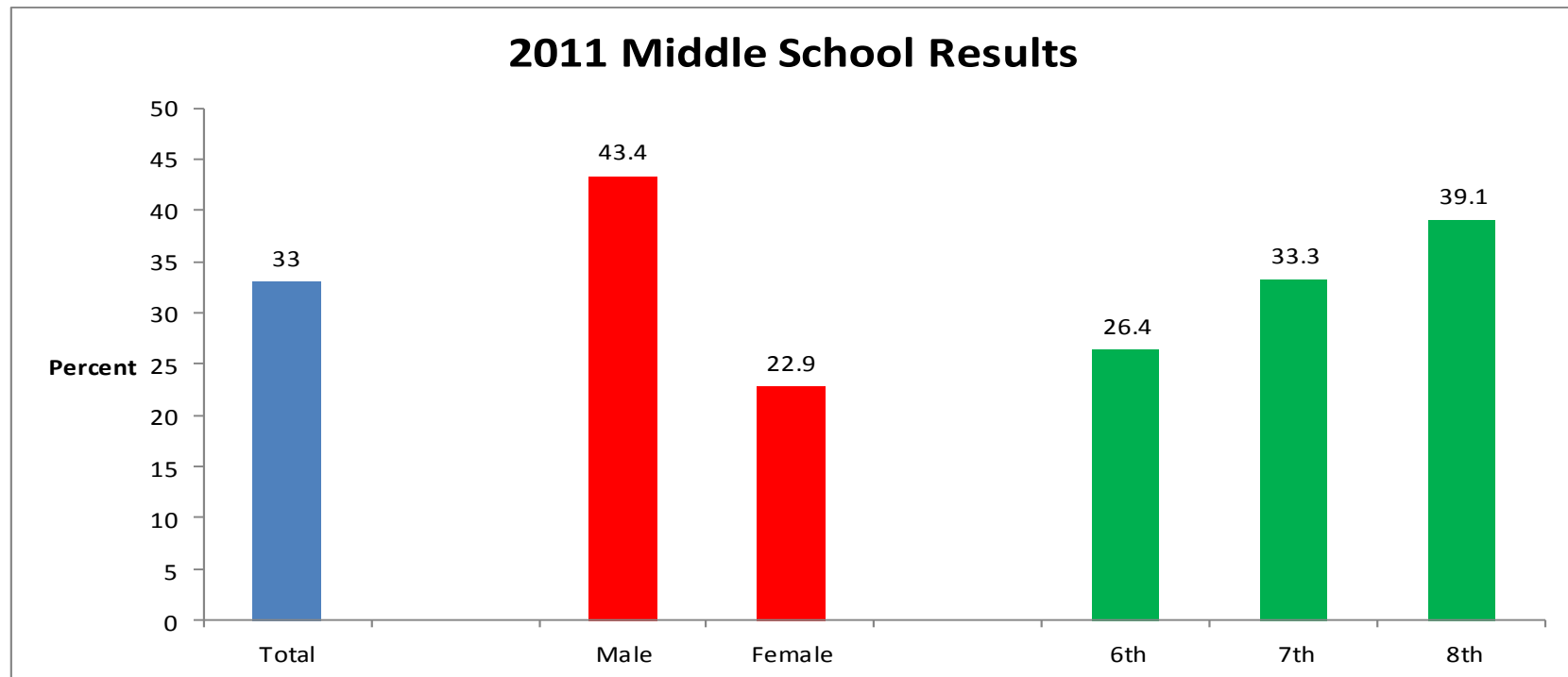
These questions measure violence-related behaviors and school-related violent behaviors. Homicide is the second leading cause of death among all youth ages 15-19 years (9.6 per 100,000) and is the leading cause of death among black youth ages 15-19 years (33.8 per 100,000).(1) Approximately 84% of homicide victims in the United States in 2004 were killed with a weapon, such as a gun, knife, or club. In 2006, 85% of homicide victims 15-19 years old were killed with firearms. Firearms intensify violence and increase the likelihood of fatality in a conflict. Of all violent deaths that occurred on school property between 1994 and 2006, 65% involved firearms. Nearly 100% of school districts have a policy prohibiting weapon possession or use by high school students on school property. Among high school students nationwide in 2009, 17% had carried a weapon, 6% had carried a gun, and 6% had carried a weapon on school property on at least 1 day during the 30 days before the survey. The percentage of students who carried a weapon decreased during 1991–1999 (26%–17%) and then did not change significantly during 1999–2009 (17%–17%). Among high school students nationwide in 2009, 5% had not gone to school on at least 1 day during the 30 days before the survey because they felt they would be unsafe at school or on their way to or from school and 8% had been threatened or injured with a weapon on school property 1 or more times during the 12 months before the survey. The percentage of students who did not go to school because of safety concerns increased during 1993–2001 (4%–7%) and then decreased during 2001–2009 (7%–5%).

Percentage of Middle School students who ever carried a weapon such as a gun knife or club.

Healthy People 2020 Objective: 4.6% (on school property)

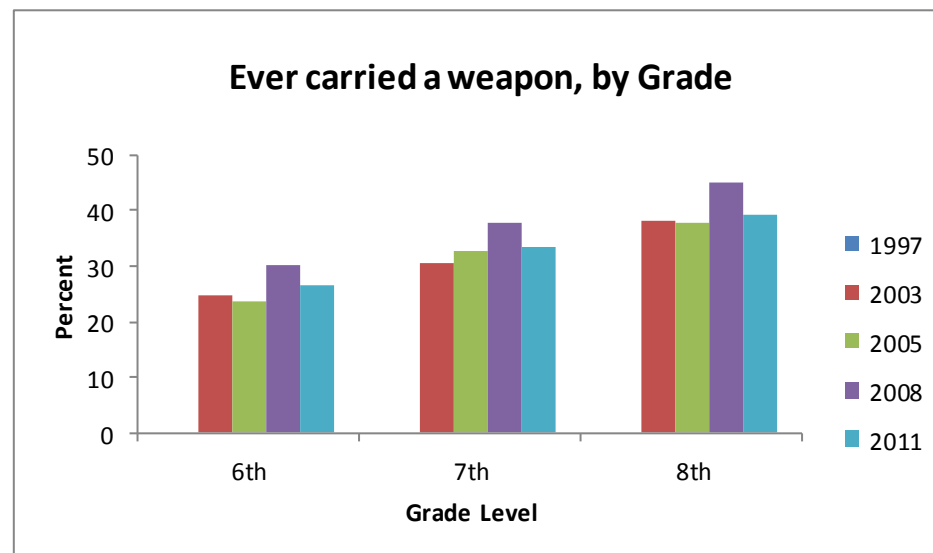
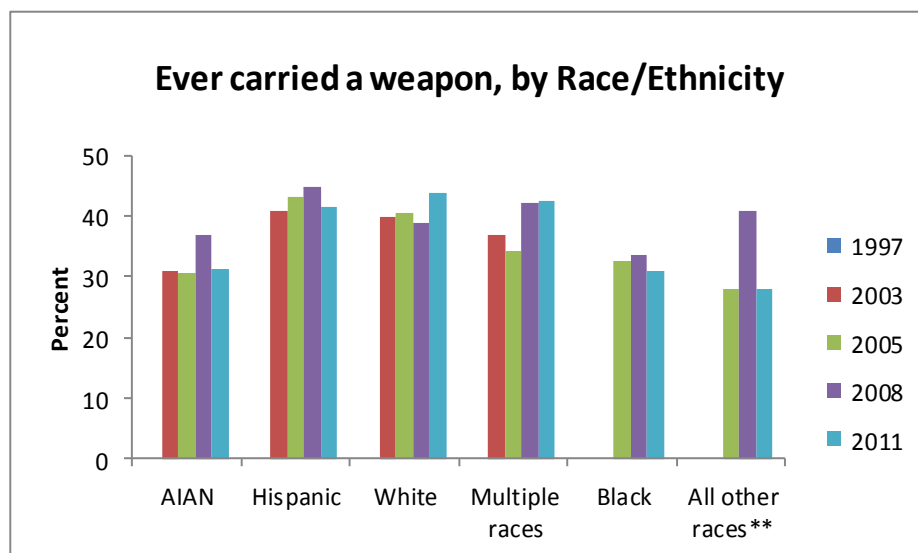
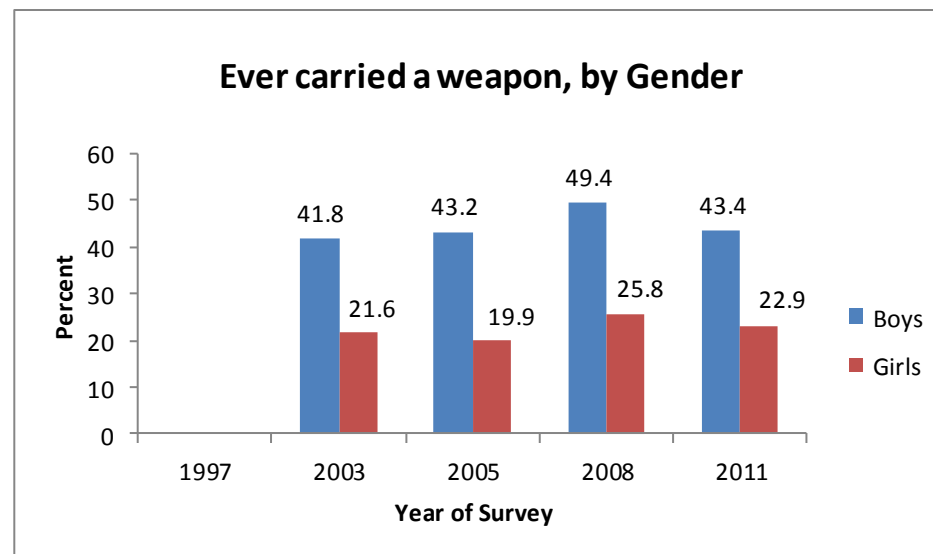
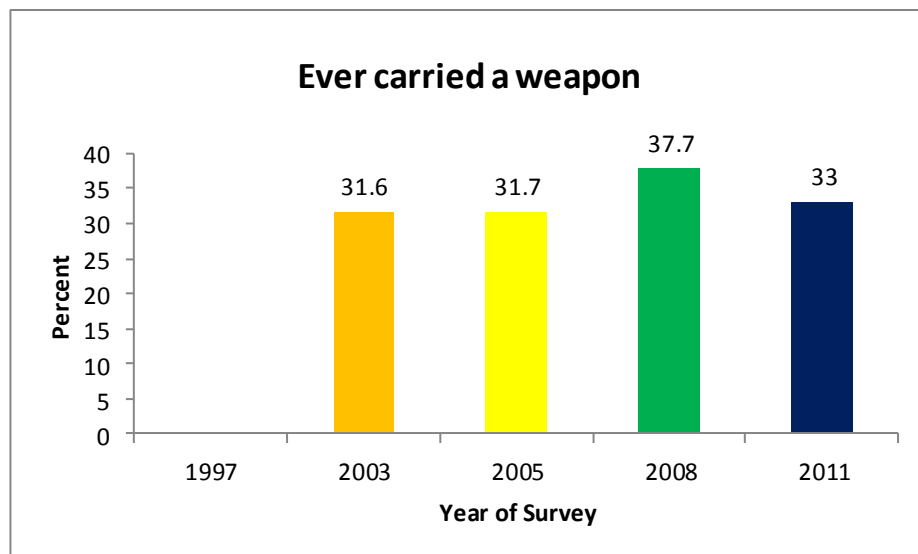
2011 New Mexico Middle School: 30.7%

2011 New Mexico Middle School Native American/Alaska Native: 18.1%



Percentage of Middle School students who ever carried a weapon such as a gun knife or club.

Healthy People 2020 Objective: 4.6% (on school property)



***All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008*

RATIONALE:

These questions measure the frequency and severity of physical fights, school-related fights, and abusive and bullying behavior. Physical fighting is a marker for other problem behaviors and is associated with serious injury-related health outcomes. Among high school students nationwide in 2009, 31% had been in a physical fight and 11% had been in a physical fight on school property one or more times during the 12 months before the survey. The percentage of high school students who were in a physical fight decreased during 1991–2003 (42%–33%) and then did not change significantly during 2003–2009 (33%–31%). During 1993–2009, a significant linear decrease occurred in the percentage of students who had been in a physical fight on school property (16%–11%).

Intimate partner abuse victimization is associated with participation in other high risk behaviors, including suicide ideation and attempts, as well as post-traumatic stress disorder and major depressive episodes. In 2009, 10% of high school students nationwide had been hit, slapped, or physically hurt on purpose by their boyfriend or girlfriend during the 12 months before the survey. Forced sexual intercourse is associated with negative psychosocial and mental health consequences. In 2009, 7% of high school students nationwide had ever been physically forced to have sexual intercourse when they did not want to.

Bullying victimization is associated with depression, suicidal ideation, increased odds of repeated common health problems, school absenteeism, psychological distress, and feeling unsafe at school. Among high school students nationwide in 2009, 20% had been bullied on school property during the 12 months before the survey. Electronic bullying victimization has been associated with discipline problems in school, skipping school, weapon carrying and social anxiety.

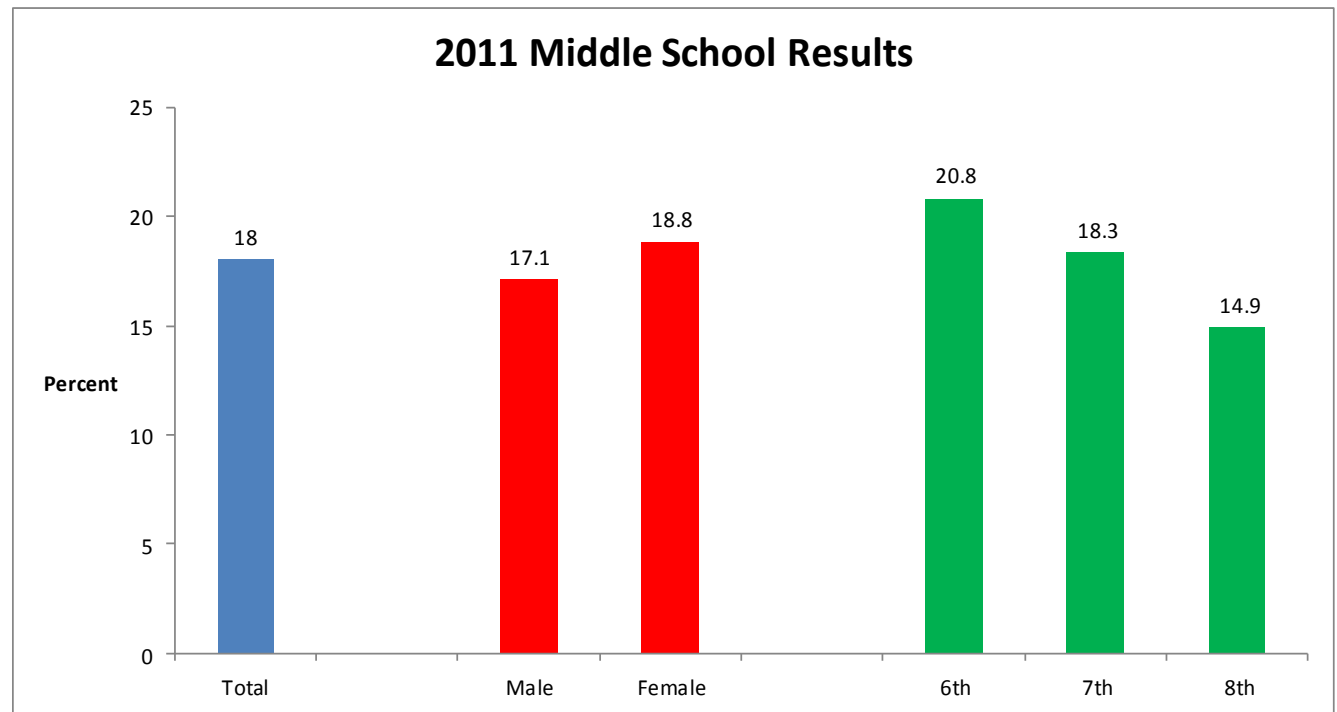
Percentage of students who did not go to school on one or more of the past 30 days because they felt they would be unsafe at school or on their way home from school.

Healthy People 2020 Objective: None

2011 New Mexico Middle School: NA

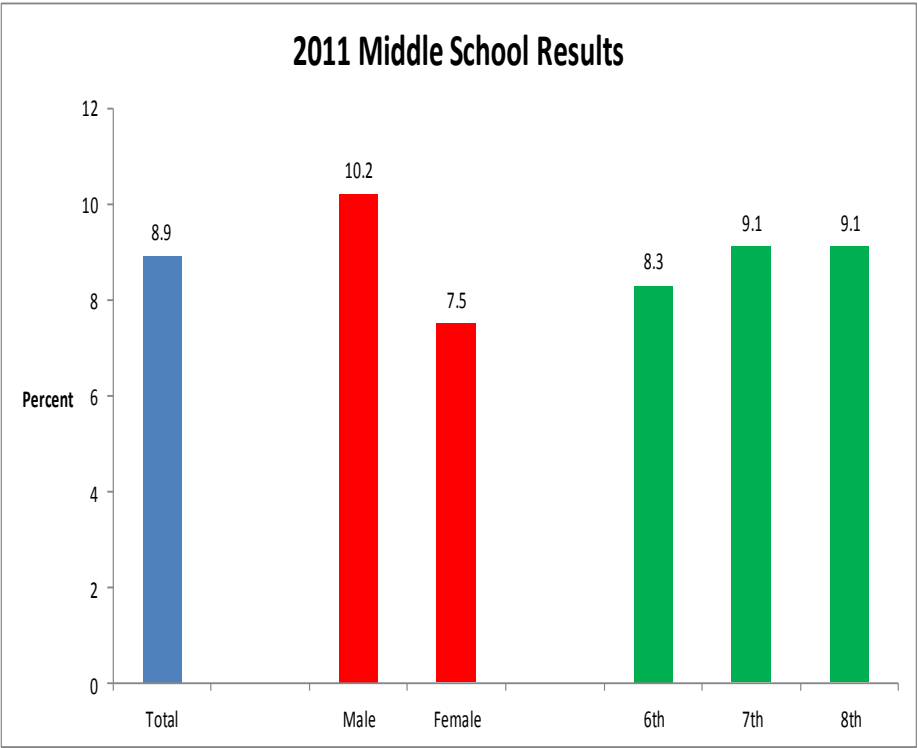
2011 New Mexico Middle School

Native American/Alaska Native: NA



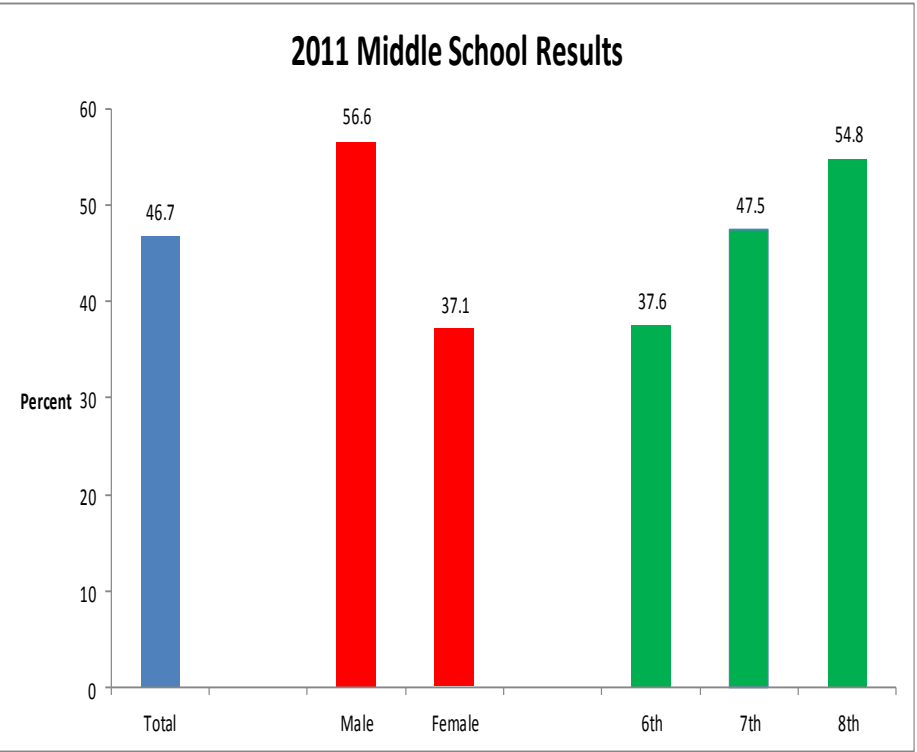
Percentage of students who had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months.

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Middle School Native American/Alaska Native: NA



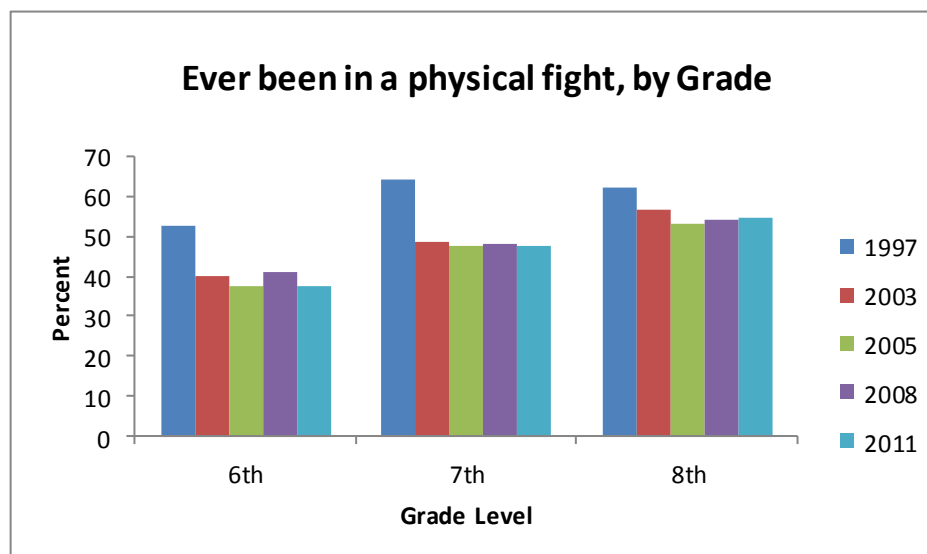
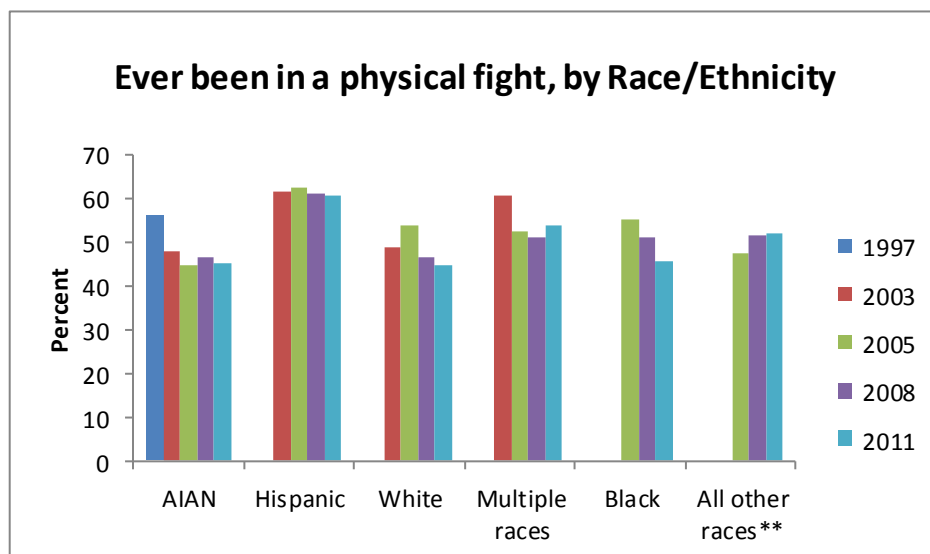
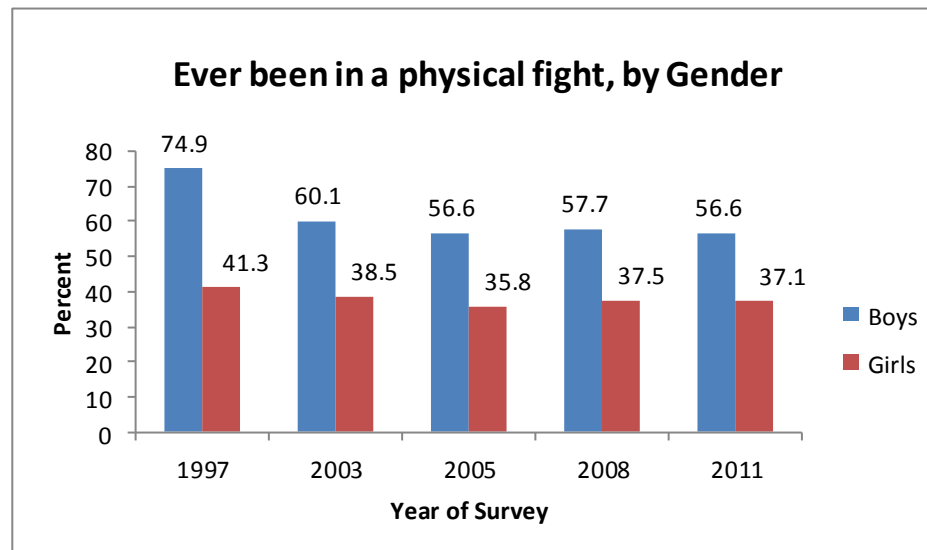
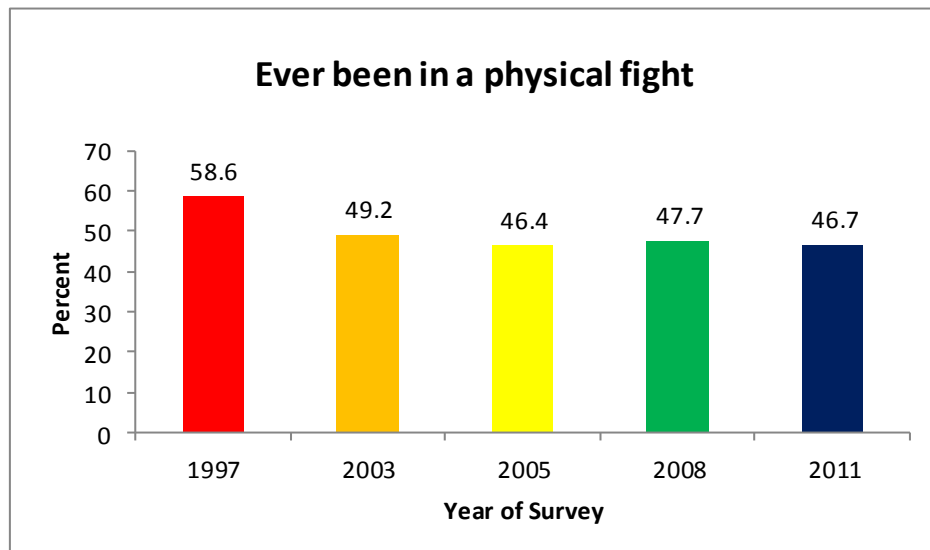
Percentage of Middle School students who have ever been in a physical fight.

Healthy People 2020 Objective: 28.4% (in past 12 months)
2011 New Mexico Middle School: 48.5%
2011 New Mexico Middle School Native American/Alaska Native: 36.0%



Percentage of Middle School students who have ever been in a physical fight.

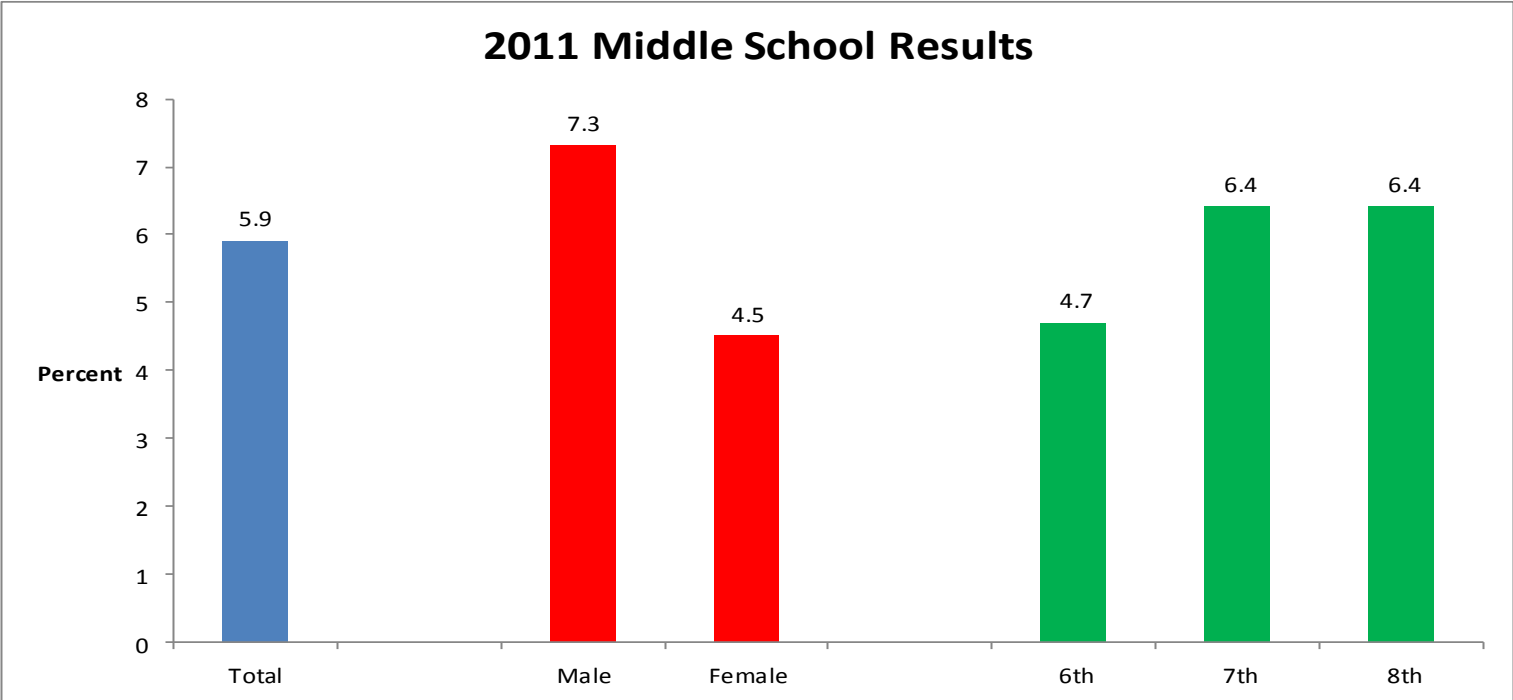
Healthy People 2020 Objective: 28.4% (in past 12 months)



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

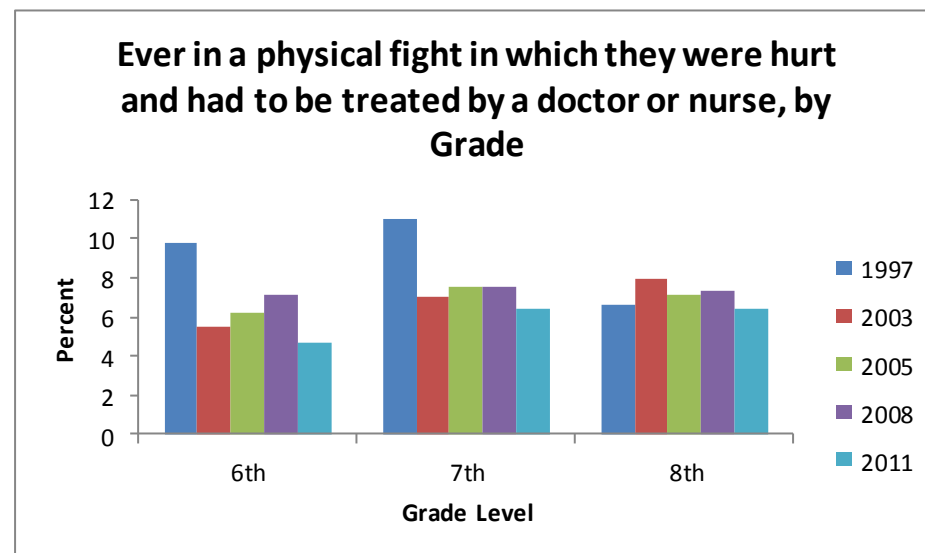
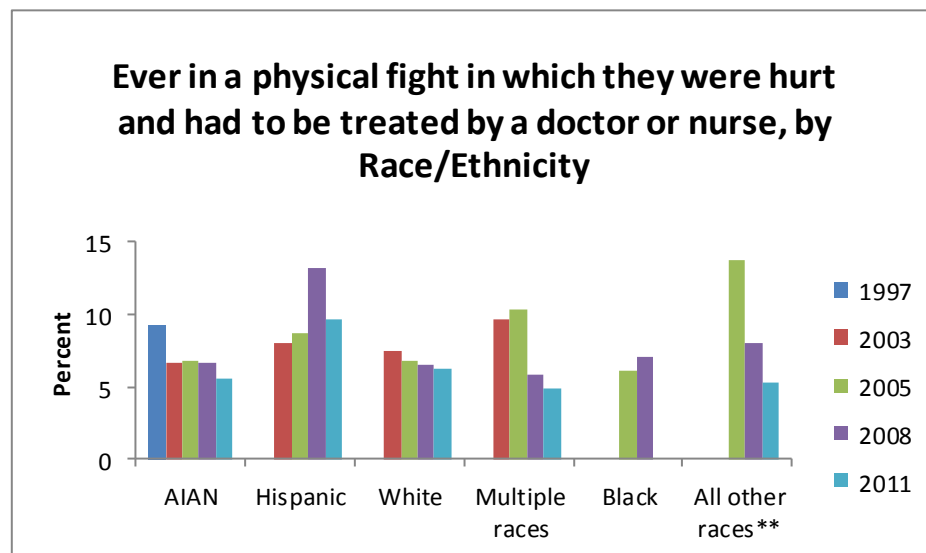
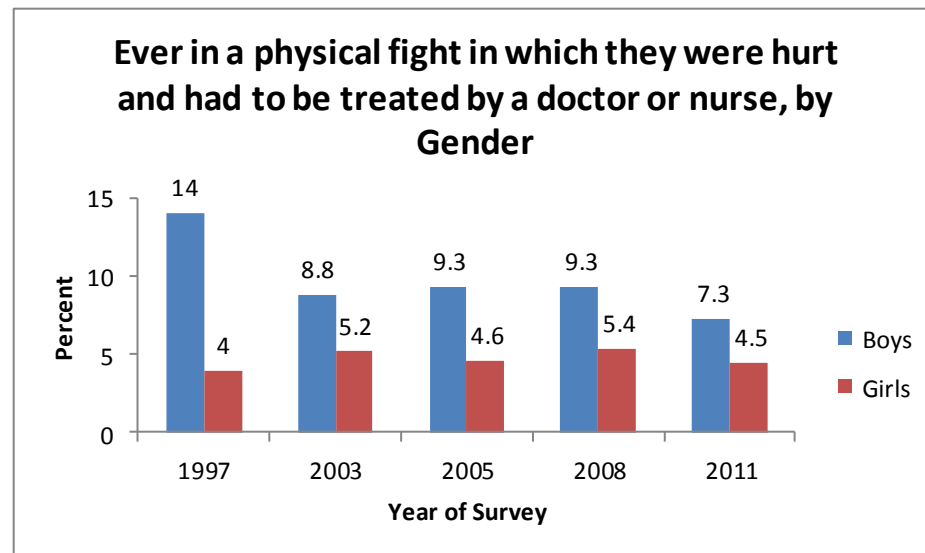
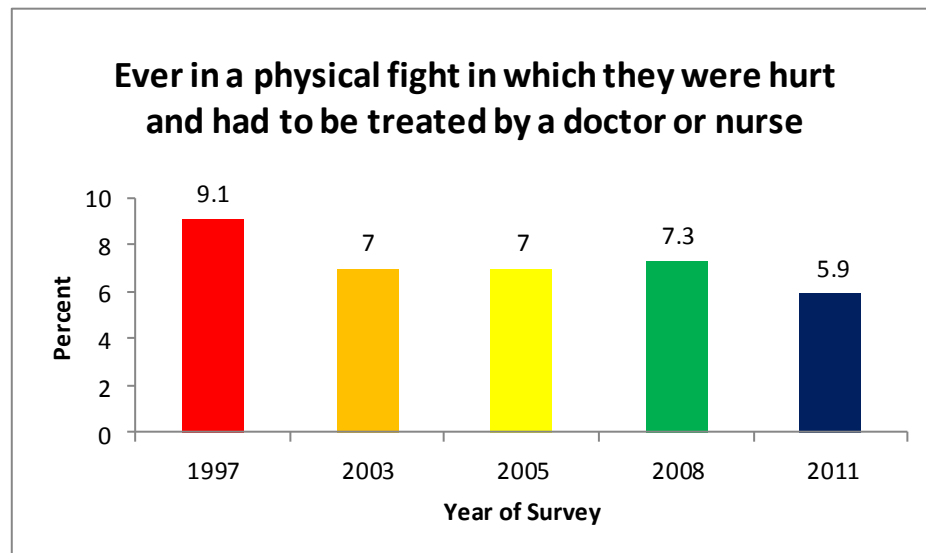
Percent of Middle School students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse.

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Middle School Native American/Alaska Native: NA



Percent of Middle School students who were ever in a physical fight in which they were hurt and had to be treated by a doctor or nurse .

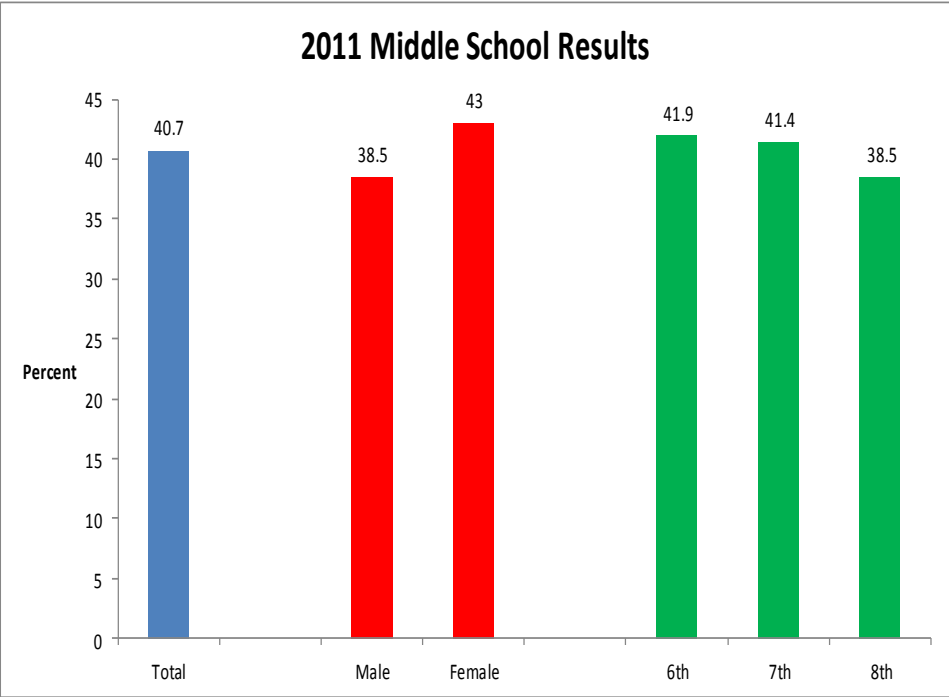
Healthy People 2020 Objective: None



***All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008*

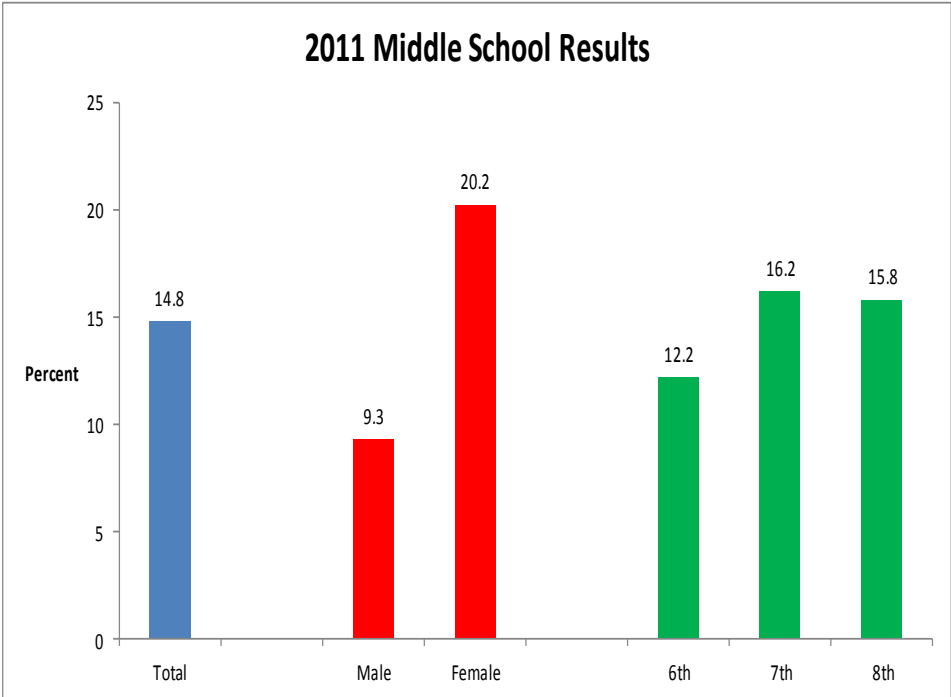
Percent of students who had ever been bullied on school property during the past 12 months. (This was the first year this question was asked so there are no trend data.)

*Healthy People 2020 Objective: 17.9%
(not specific to school property)
2011 New Mexico Middle School: 43.7%
2011 New Mexico Middle School Native American/Alaska Native: 46.6%*



Percent of students who had ever been electronically bullied. (This was the first year this question was asked so there are no trend data.)

*Healthy People 2020 Objective: 17.9%
(not specific to school property)
2011 New Mexico Middle School: 17.2%
2011 New Mexico Middle School Native American/Alaska Native: 24.2%*



RATIONALE:

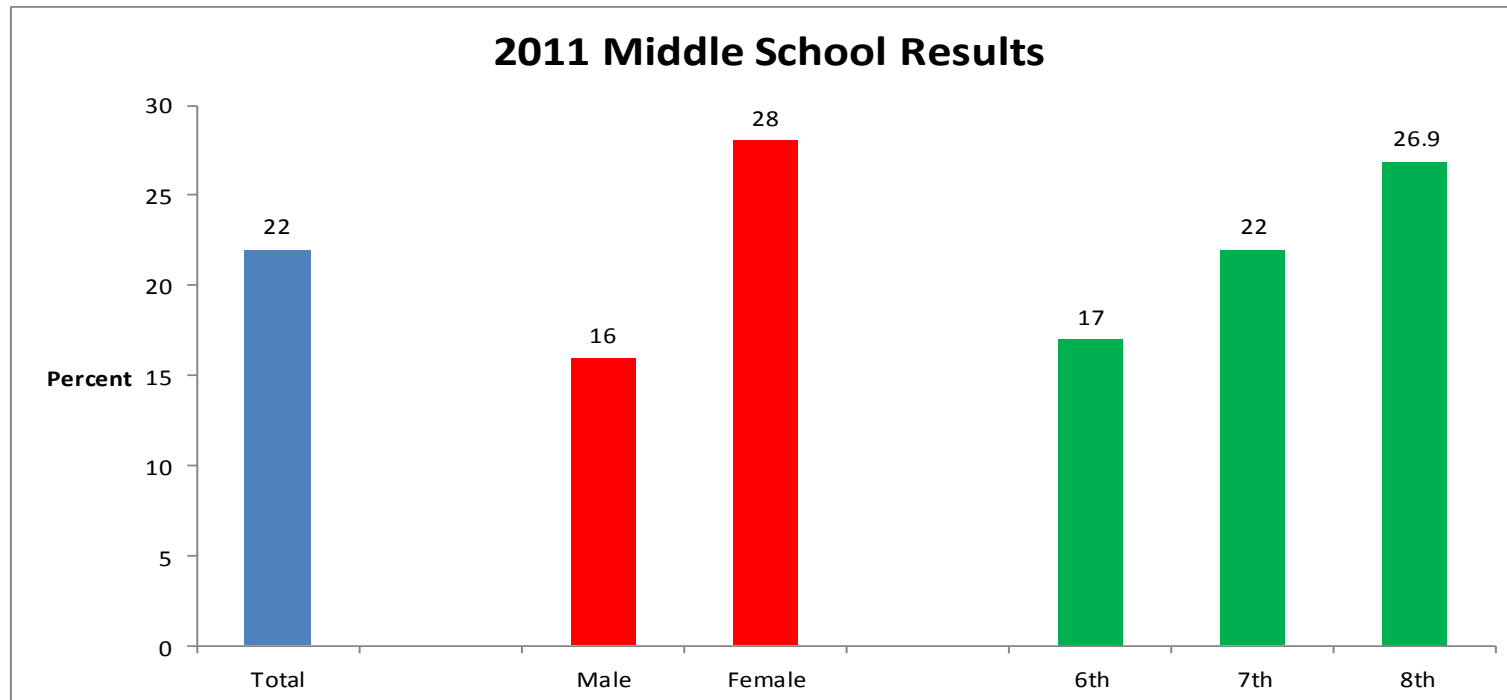
These questions measure sadness, suicide ideation, attempted suicide, and the seriousness of those attempts. Suicide is the third leading cause of death among youth ages 15-19 years. The suicide rate for persons ages 15-19 was 7.3 per 100,000 in 2006 down from 8.2 per 100,000 in 2003. A prior suicide attempt is one of the most significant risk factors for a fatal adolescent suicide attempt. Among high school students nationwide in 2009, 26% felt so sad or hopeless almost every day for 2 or more weeks in a row that they stopped doing some usual activities. Among high school students nationwide in 2009, 14% had seriously considered attempting suicide, 11% had made a plan about how they would attempt suicide, and 6% had attempted suicide one or more times during the 12 months before the survey. The percentage of students who seriously considered attempting suicide decreased rapidly during 1991–1993 (29%–24%) and then decreased less rapidly during 1993–2009 (24%–14%).

Percentage of Middle School students who ever seriously thought about killing themselves.

Healthy People 2020 Objective: None

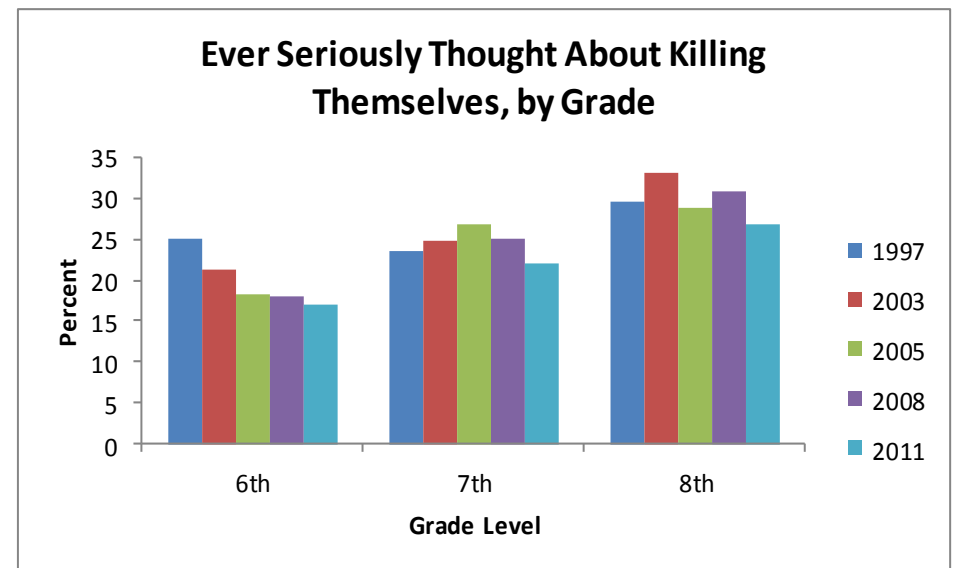
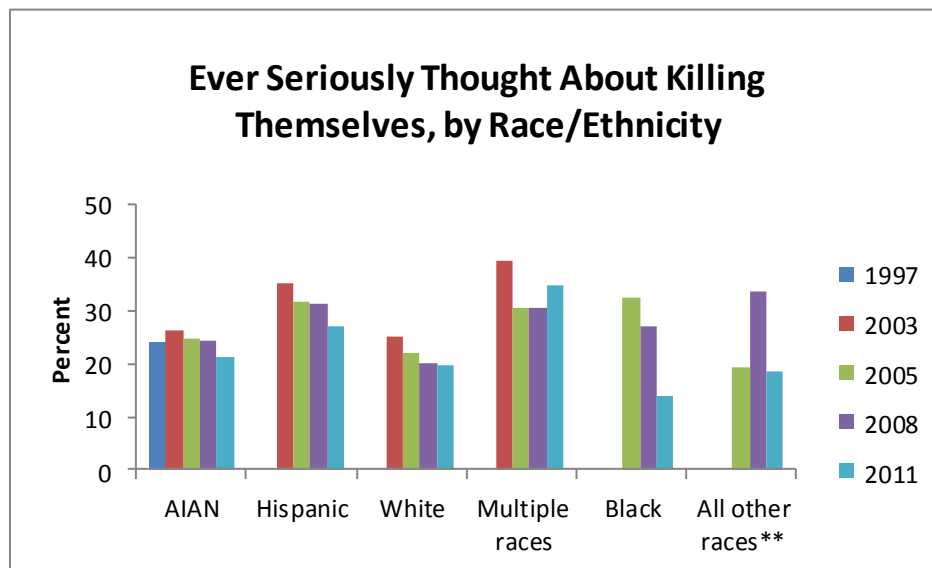
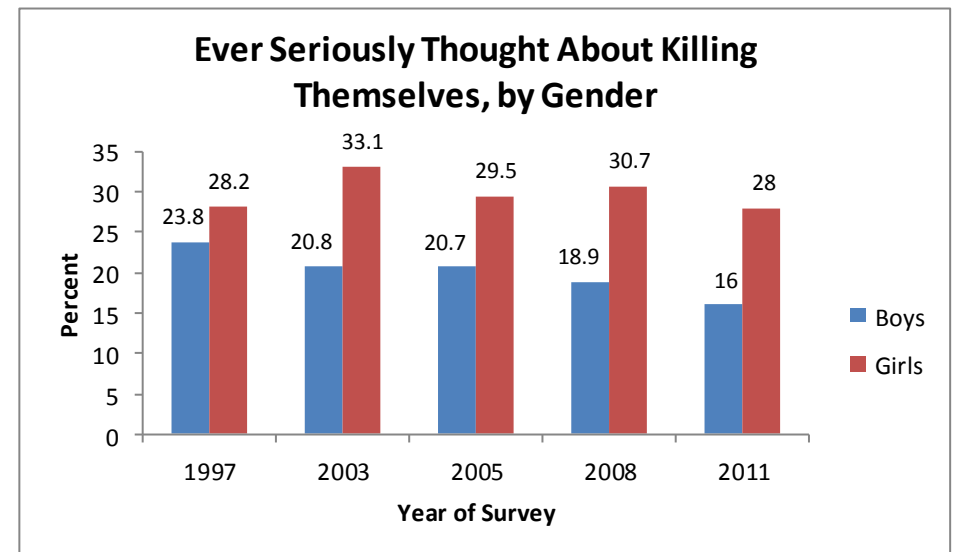
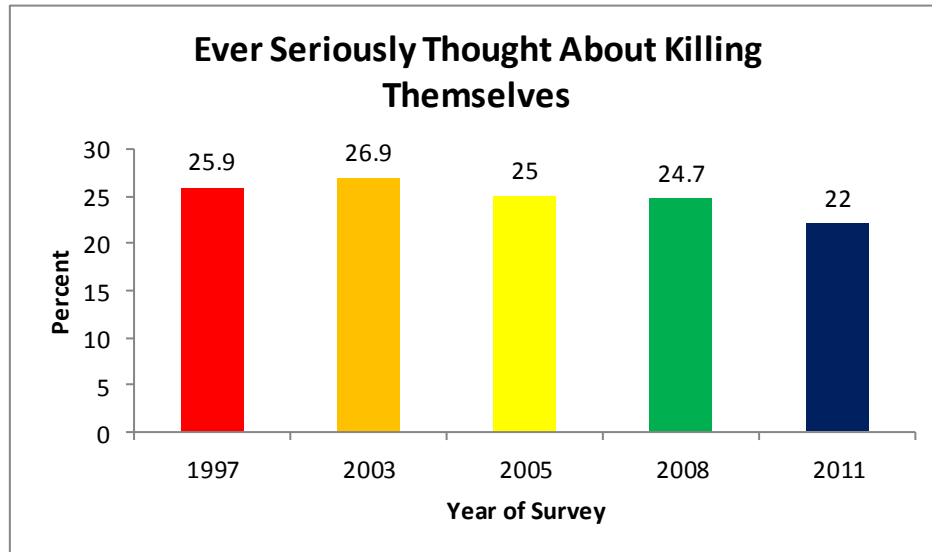
2011 New Mexico Middle School: 19.8%

2011 New Mexico Middle School Native American/Alaska Native: 25.2%



Percentage of Middle School students who ever seriously thought about killing themselves.

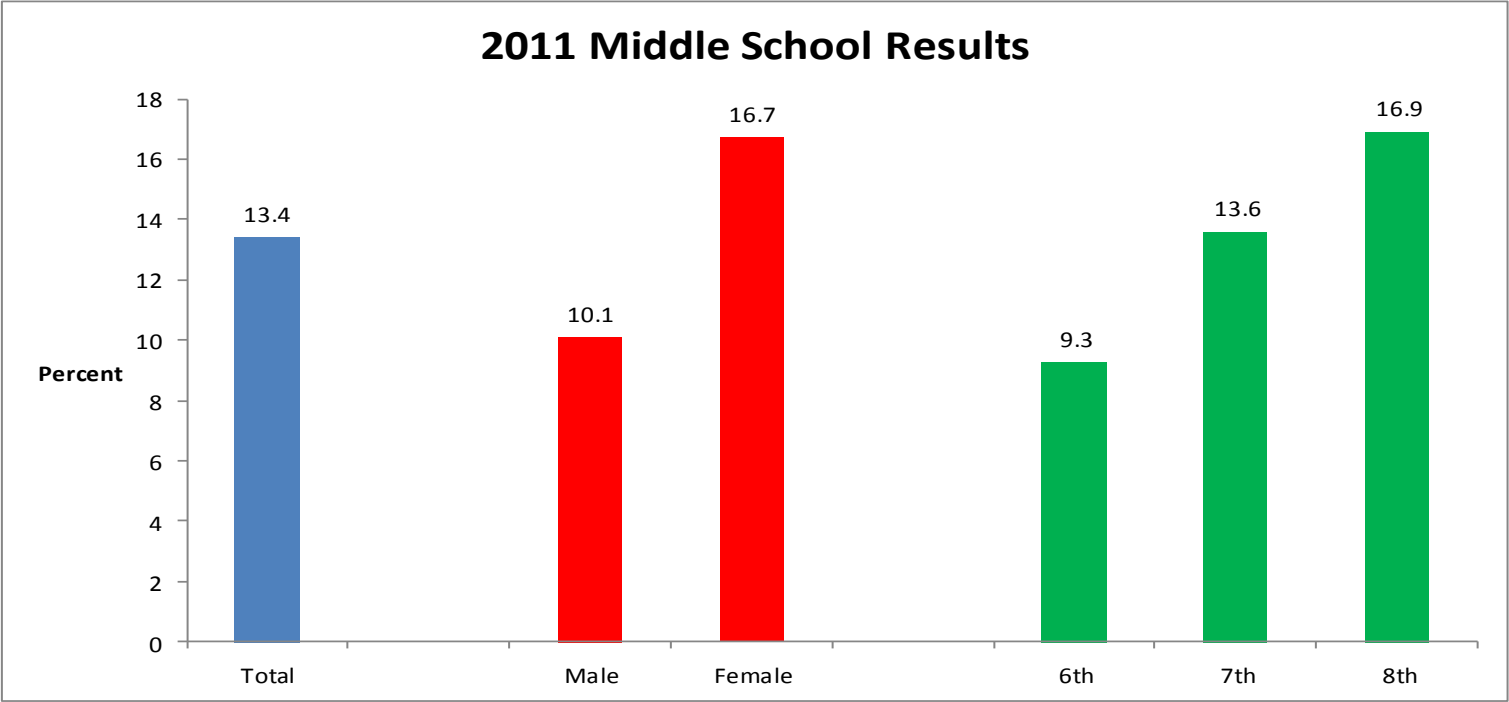
Healthy People 2020 Objective: None



***All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008*

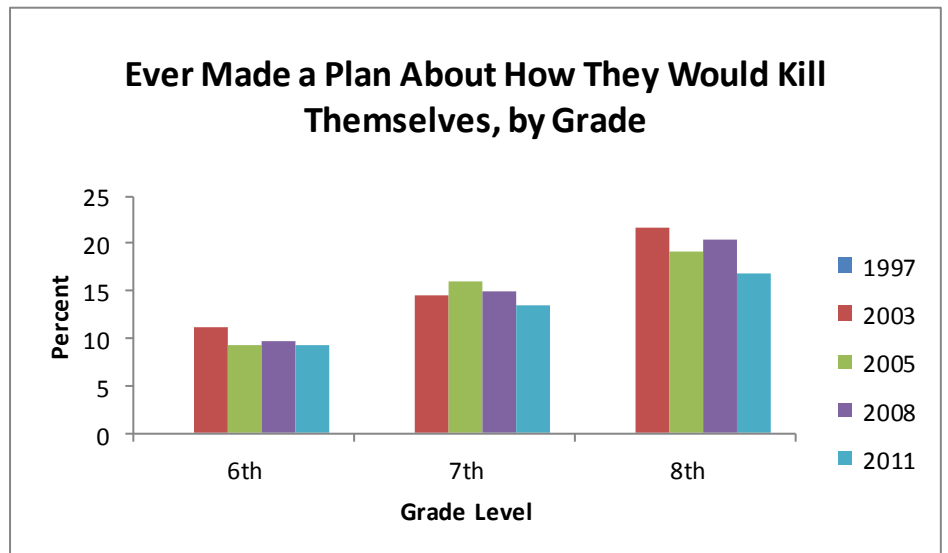
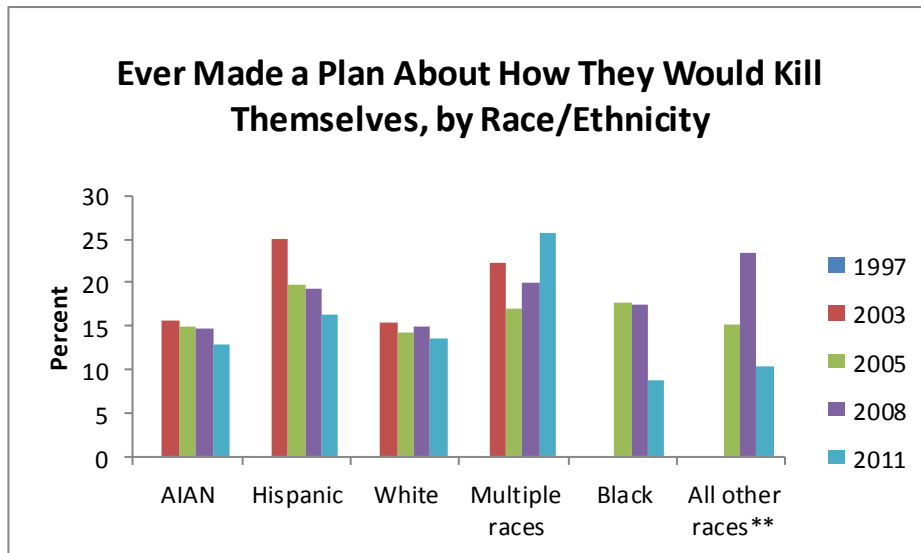
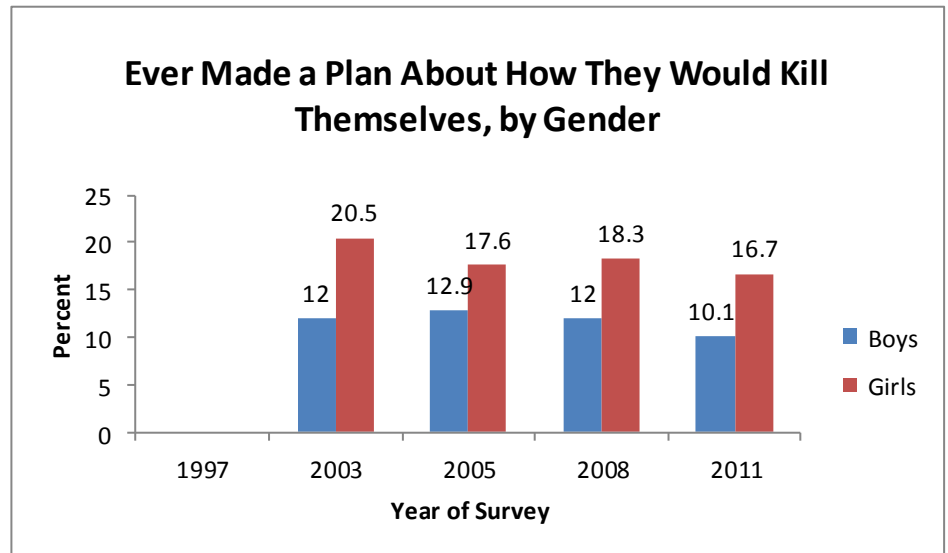
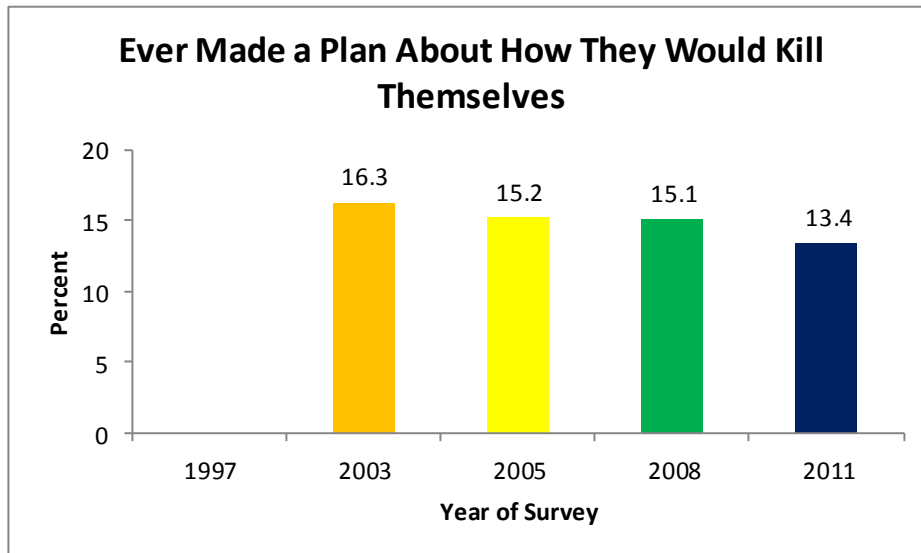
Percentage of Middle School students who ever made a plan about how they would kill themselves.

Healthy People 2020 Objective: None
2011 New Mexico Middle School: 11.3%
2011 New Mexico Middle School Native American/Alaska Native: 13.3%



Percentage of Middle School students who ever made a plan about how they would kill themselves.

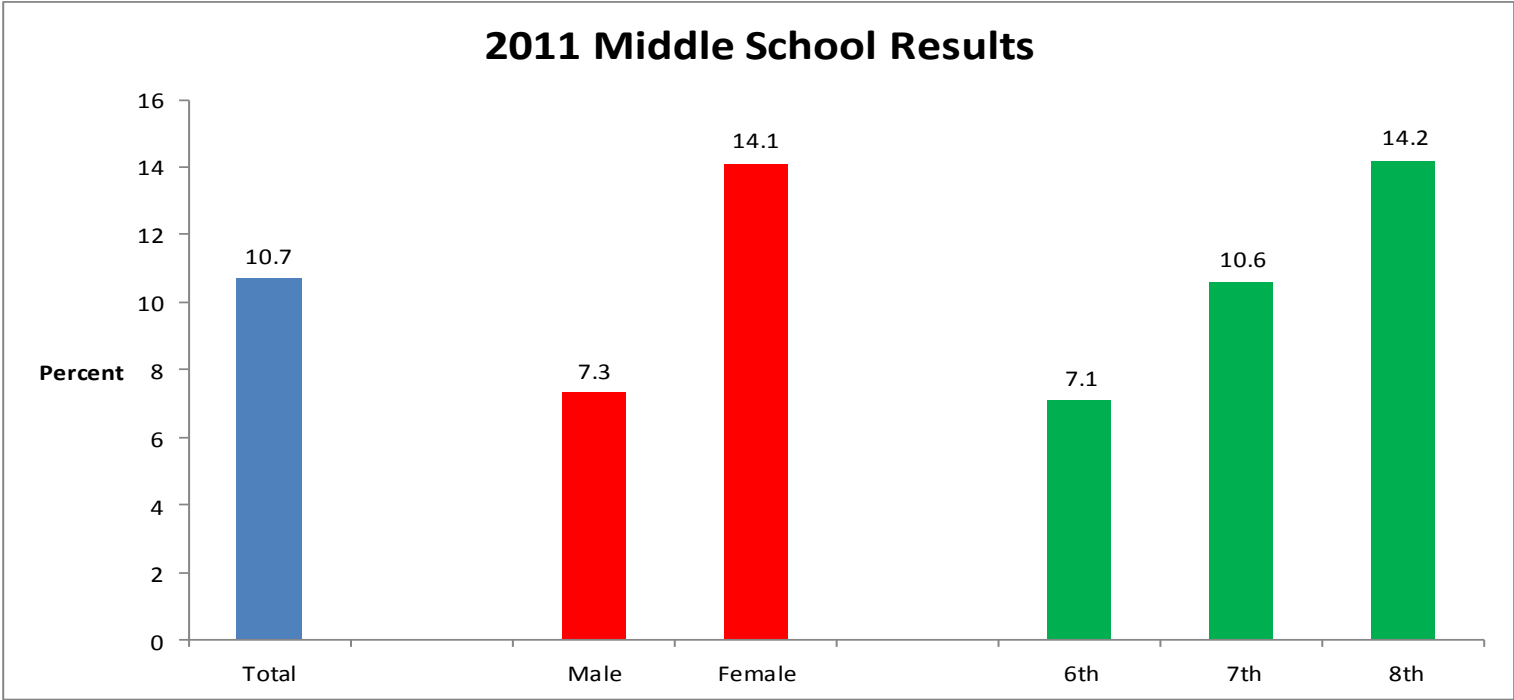
Healthy People 2020 Objective: None



***All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008*

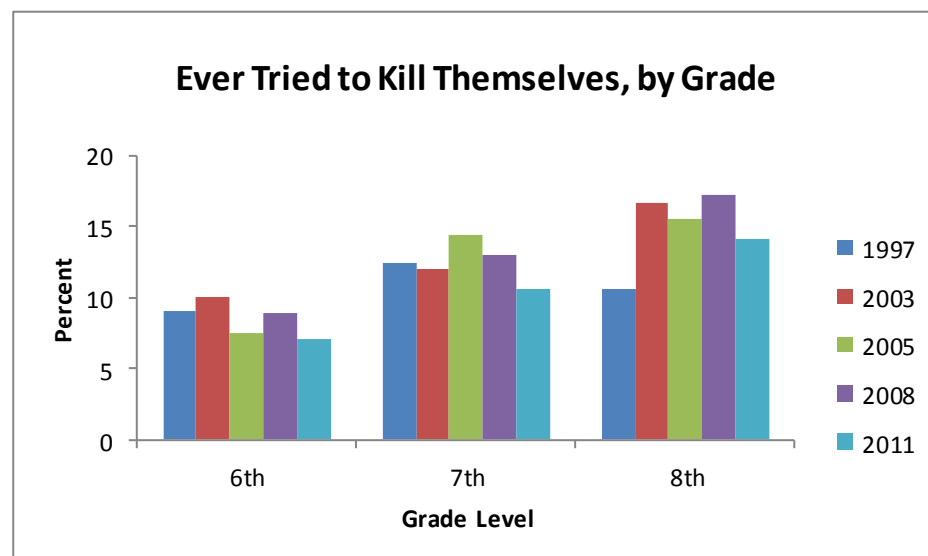
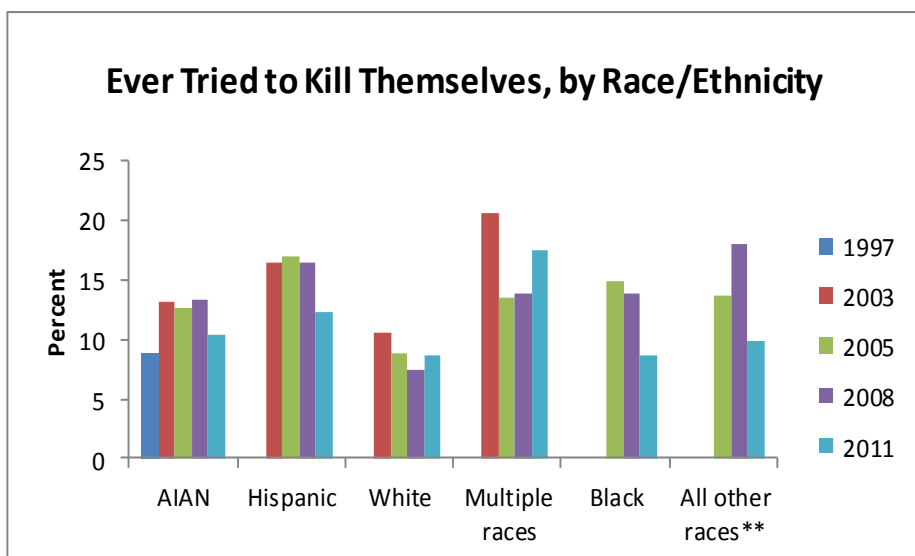
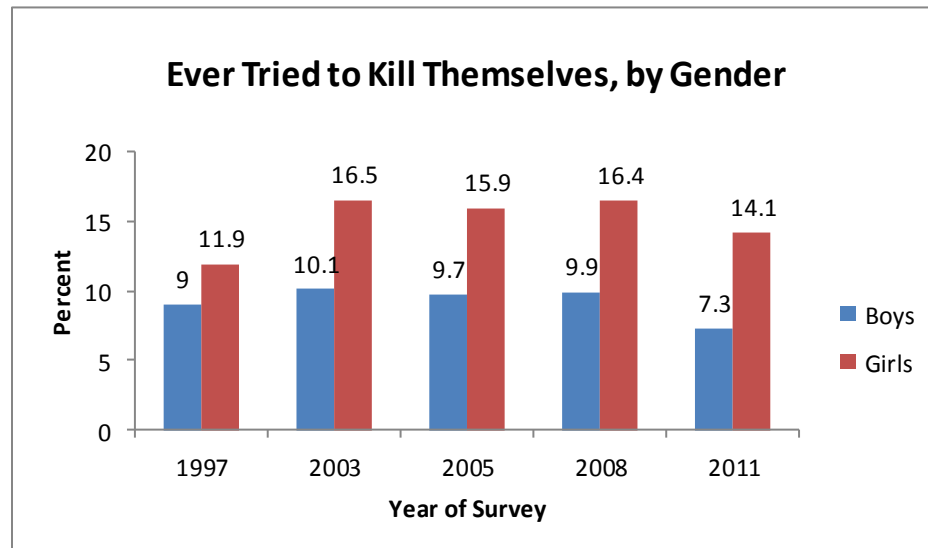
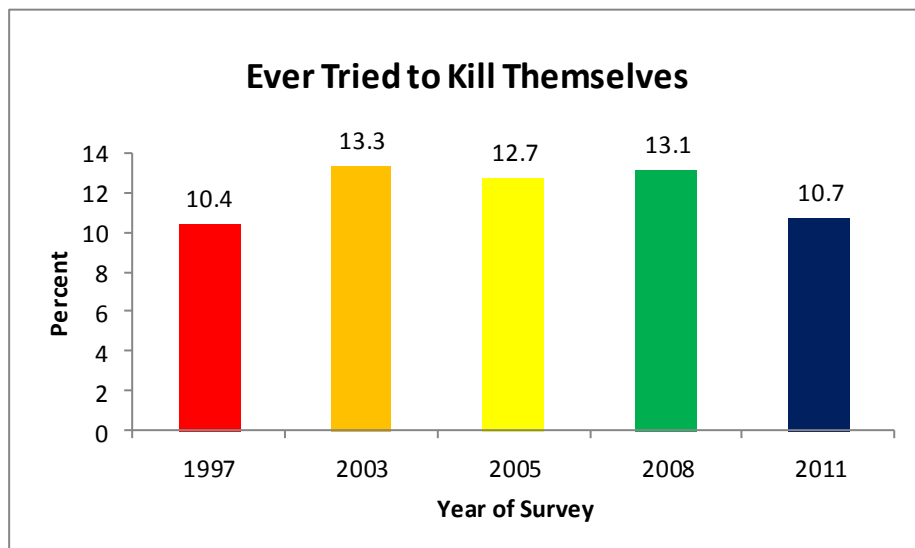
Percentage of Middle School students who ever tried to kill themselves.

Healthy People 2020 Objective: 1.7%
2011 New Mexico Middle School: 7.0%
2011 New Mexico Middle School Native American/Alaska Native: 9.7%



Percentage of Middle School students who ever tried to kill themselves.

Healthy People 2020 Objective: 1.7%



***All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008*



Tobacco Use

RATIONALE:

These questions measure ever and current smoking patterns, age of initiation, access to cigarettes, smoking on school property, and attempts to quit smoking. Cigarette smoking is the leading cause of preventable death in the United States and accounts for approximately 440,000 deaths each year. Cigarette smoking increases risk of heart disease; chronic obstructive pulmonary disease; acute respiratory illness; stroke; and cancers of the lung, larynx, oral cavity, pharynx, pancreas, and cervix. In addition, as compared to nonsmokers, cigarette smokers are more likely to drink alcohol, use marijuana and cocaine, engage in risky sexual behaviors, engage in physical fighting, carry a weapon, and attempt suicide. If current patterns of smoking behavior persist, an estimated 6.4 million U.S. persons who were under the age of 18 in 2000 could die prematurely from smoking-related illnesses. In 2006, approximately 64% of schools had adopted policies that prohibited cigarette smoking and smokeless tobacco use among students, faculty and staff, and school visitors in 1) school buildings; outside on school grounds; on school buses or other vehicles used to transport students; and at off-campus, school-sponsored events; and 2) prohibited cigar or pipe smoking by students, faculty and staff, and school visitors. Among high school students nationwide in 2009, 46% had ever tried cigarette smoking, 19% had smoked cigarettes on at least 1 day during the 30 days before the survey, and 5% had smoked cigarettes on school property on at least 1 day during the 30 days before the survey. The percentage of high school students who had ever tried cigarette smoking did not change significantly during 1991–1999 (70%–70%) and then decreased during 1999–2009 (70%–46%). The percentage of high school students who had smoked cigarettes on at least 1 day during the 30 days before the survey increased significantly during 1991–1997 (28%–36%) and then decreased during 1997–2009 (36%–19%).

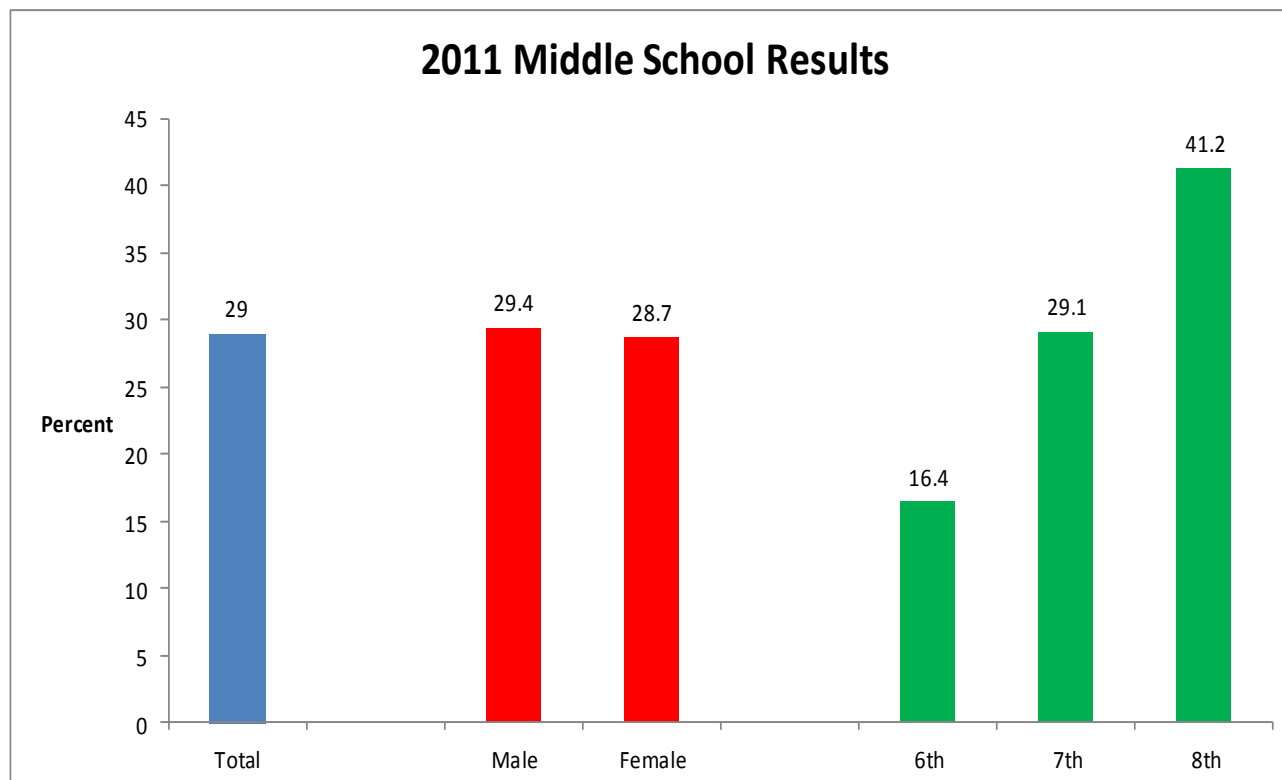
Percent of students who ever tried cigarettes, even one or two puffs

Healthy People 2020 Objective: None

2011 New Mexico Middle School: 23.1%

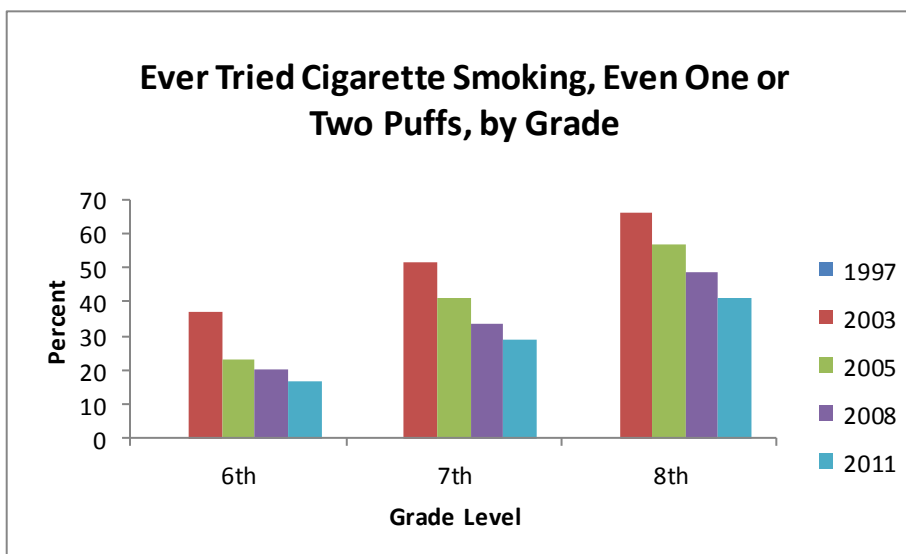
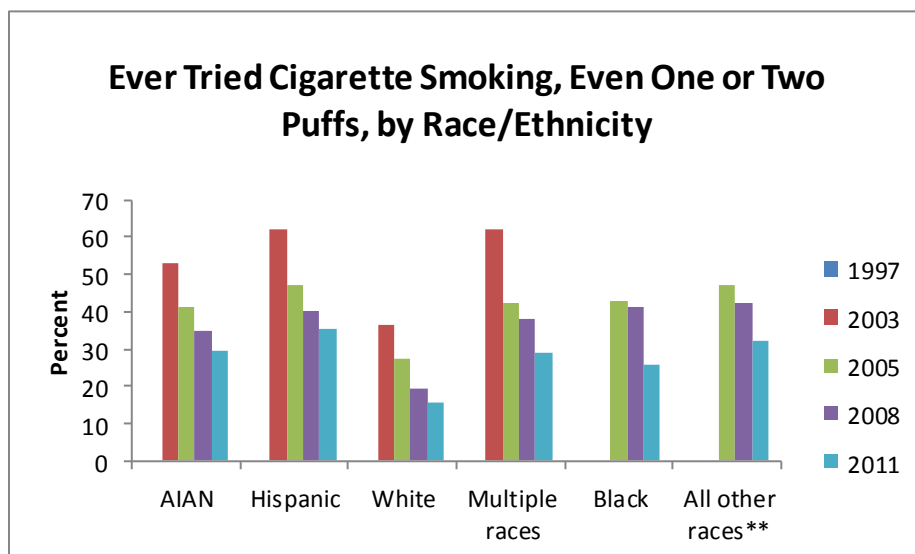
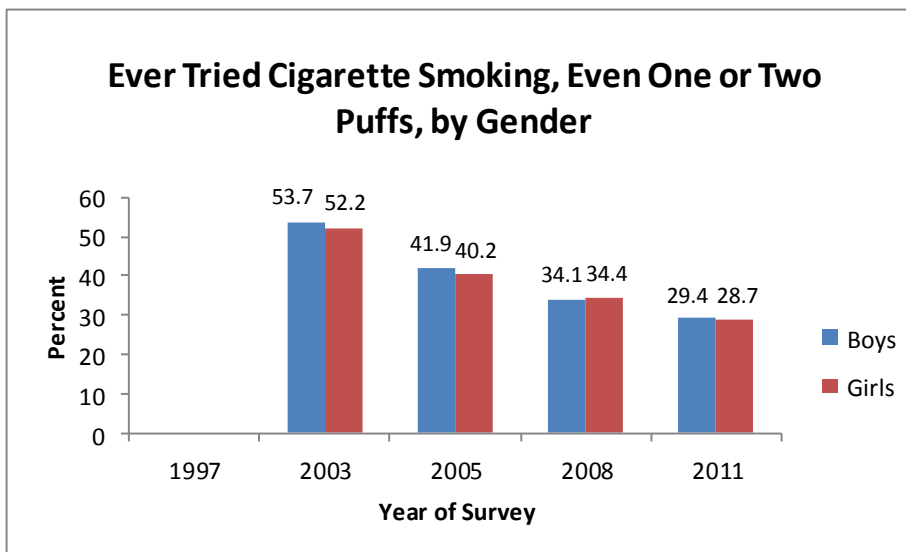
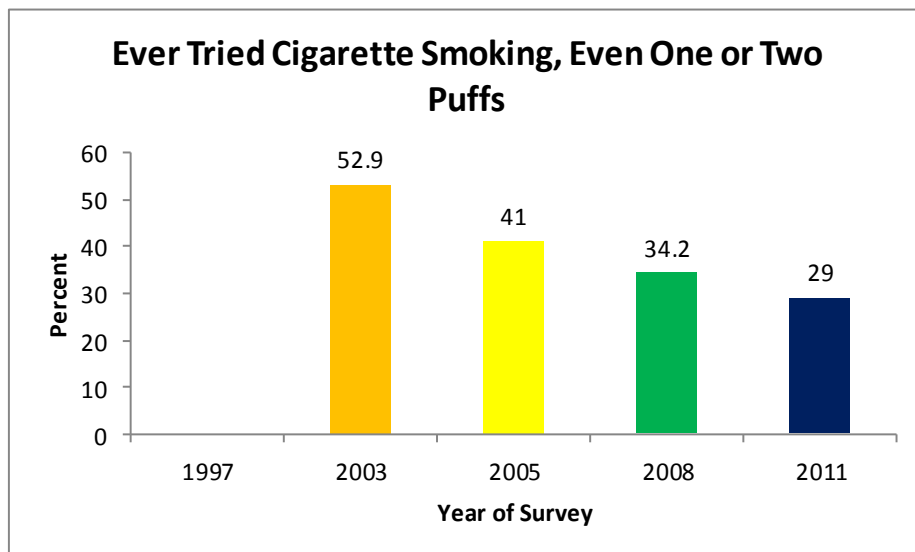
2011 New Mexico Middle School

Native American/Alaska Native: 22.3%



Percent of students who ever tried cigarettes, even one or two puffs

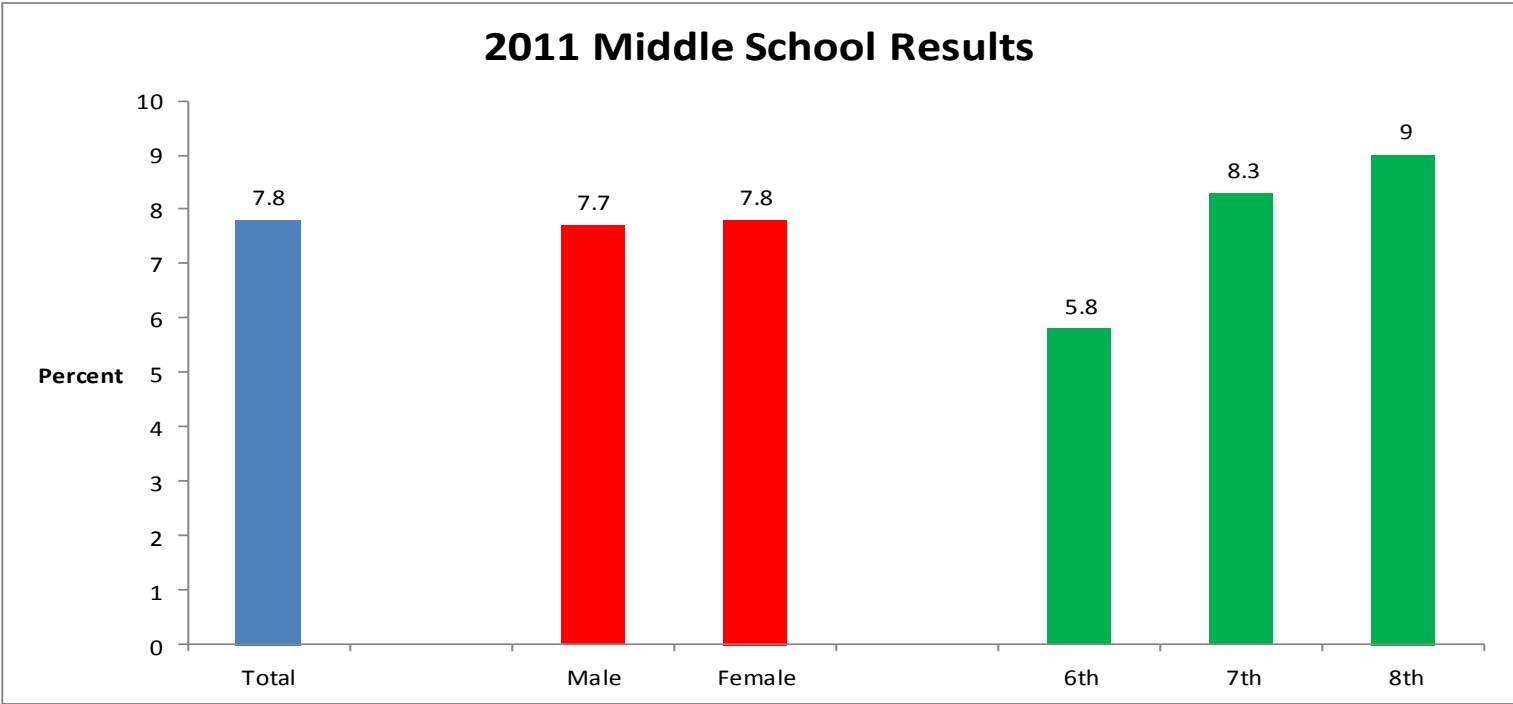
Healthy People 2020 Objective: None



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

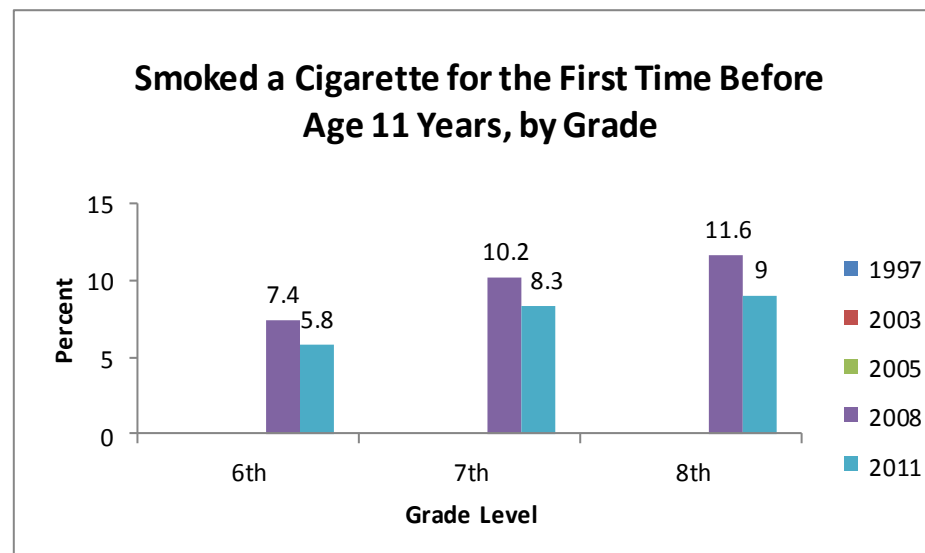
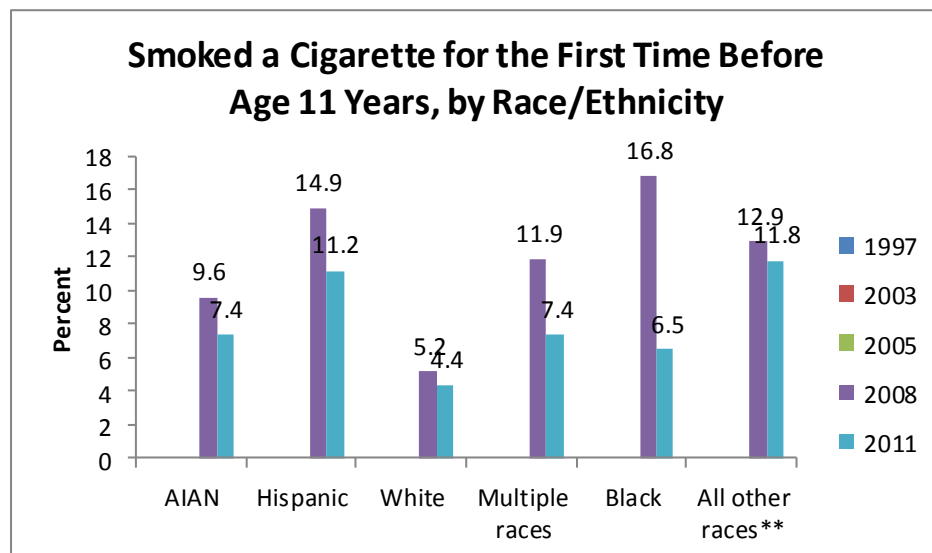
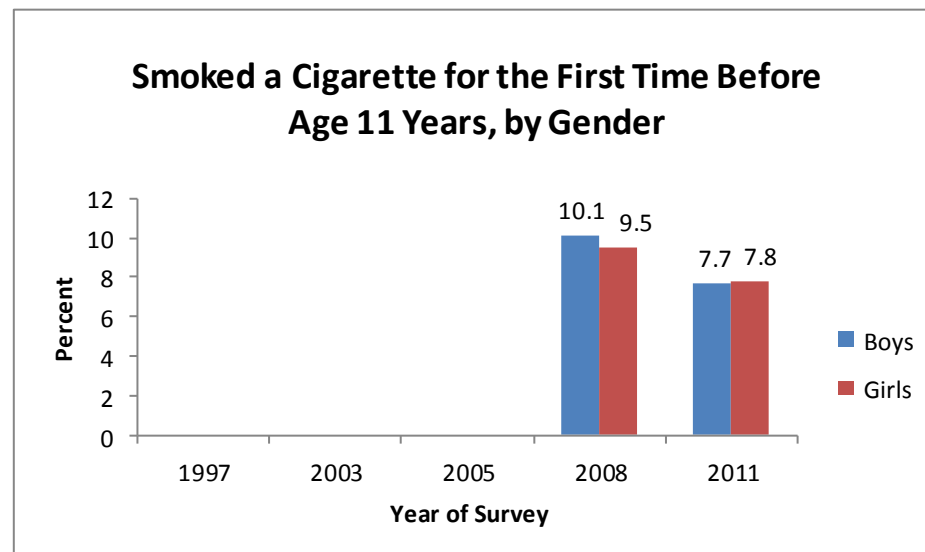
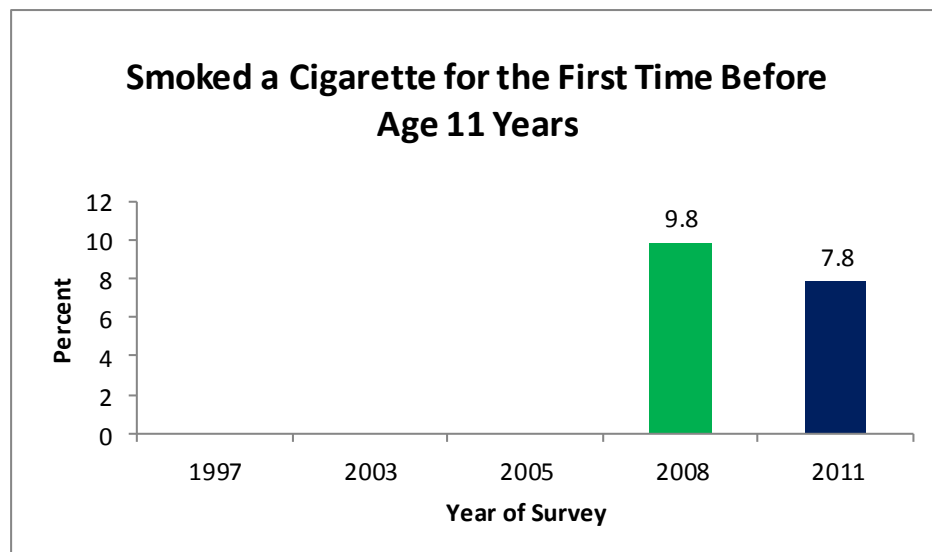
Percentage of Middle School students who smoked a whole cigarette for the first time before age 11.

Healthy People 2020 Objective: None
2011 New Mexico Middle School: 5.3%
2011 New Mexico Middle School Native American/Alaska Native: 4.6%



Percentage of Middle School students who smoked a whole cigarette for the first time before age 11.

Healthy People 2020 Objective: None



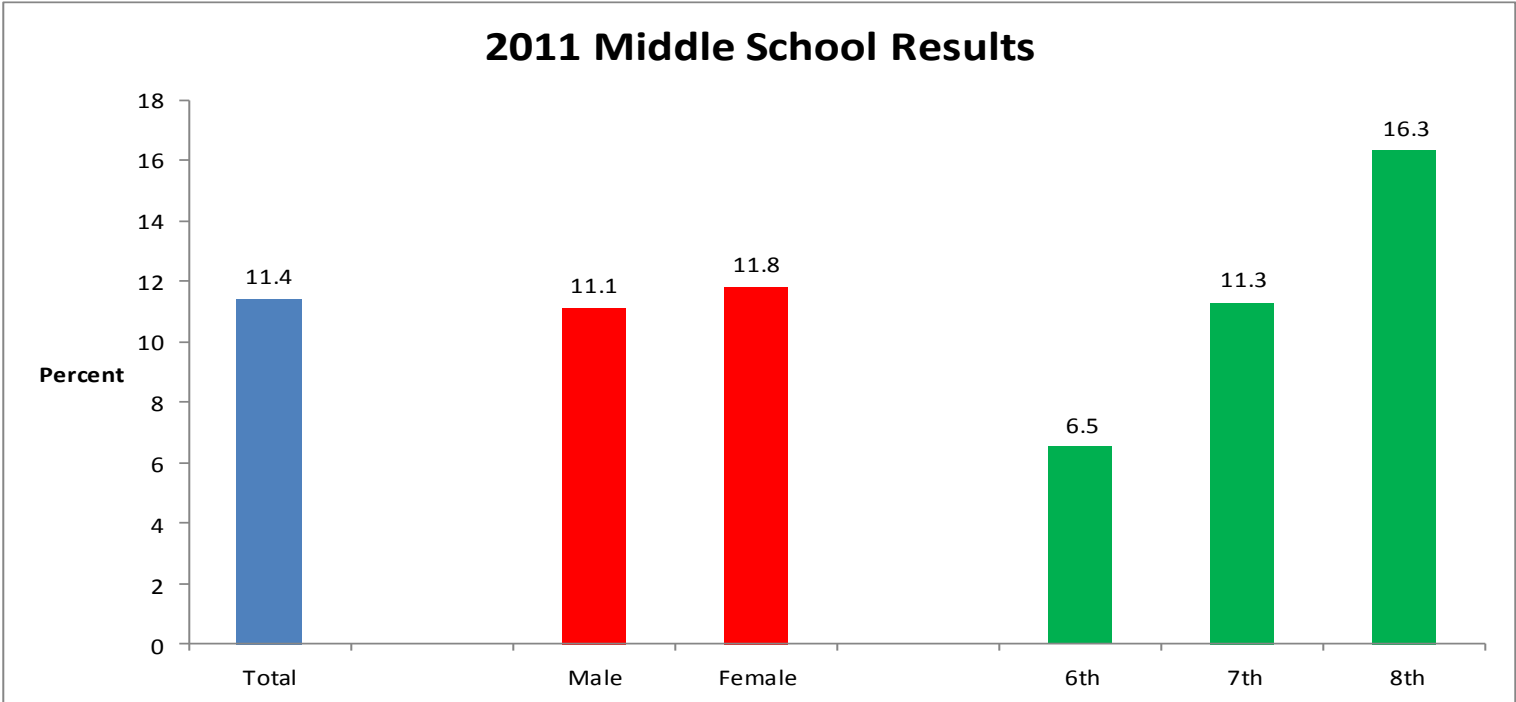
**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

Percent of students who smoked cigarettes on one or more of the past 30 days.

Healthy People 2020 Objective: 16.0%

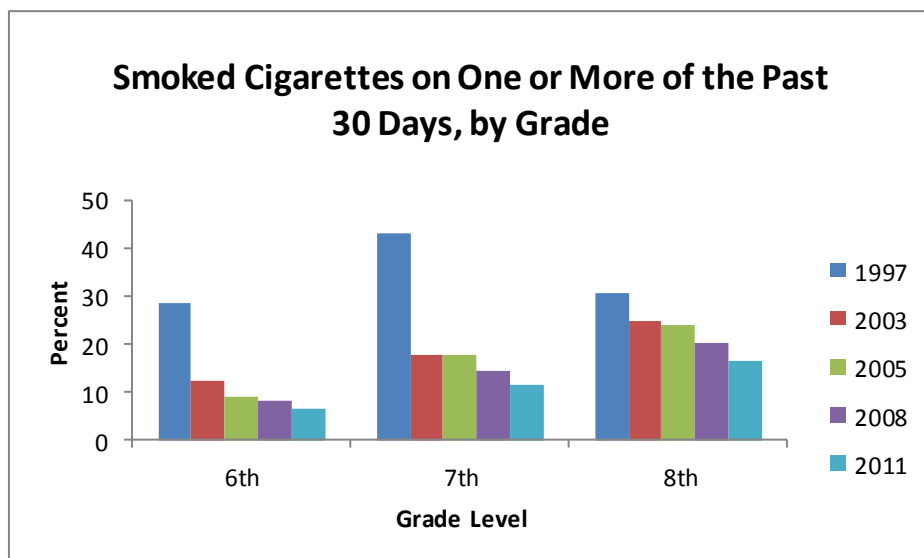
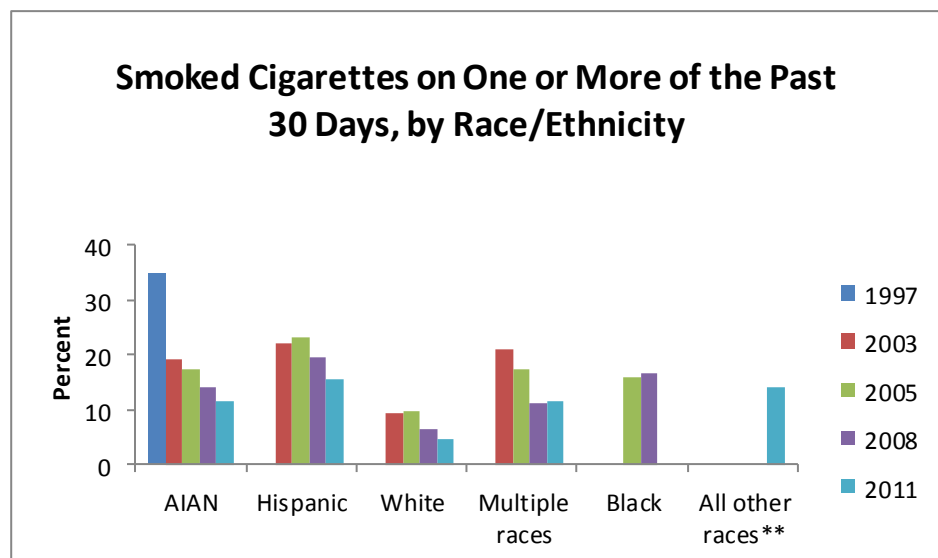
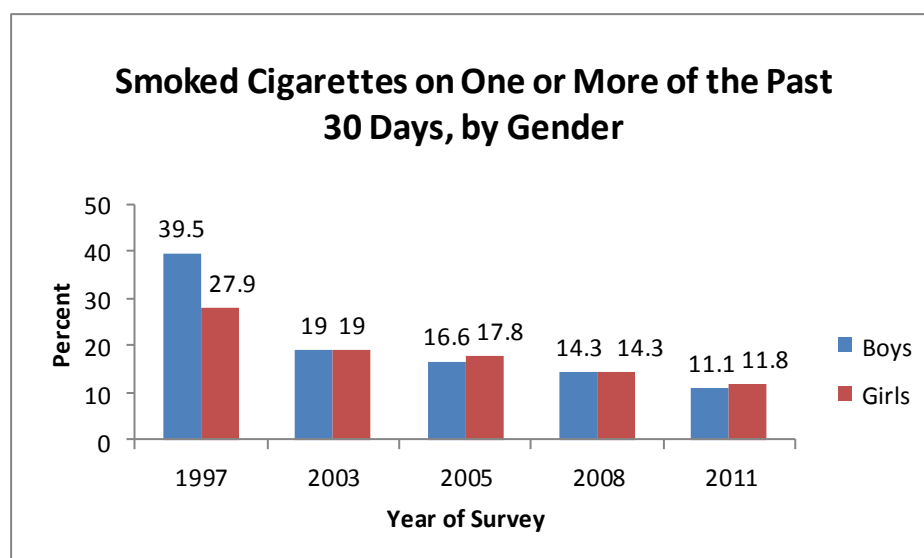
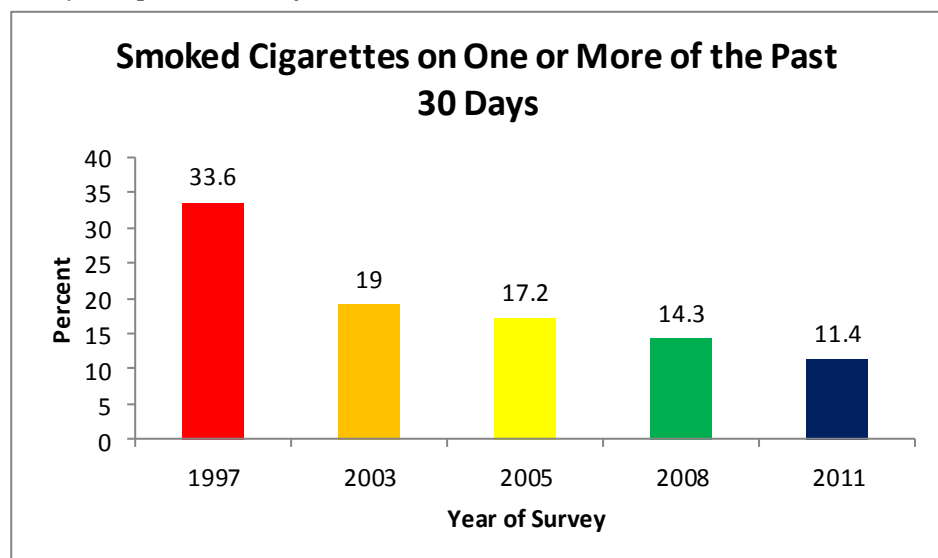
2011 New Mexico Middle School: 6.8%

2011 New Mexico Middle School Native American/Alaska Native: 7.0%



Percent of students who smoked cigarettes on one or more of the past 30 days.

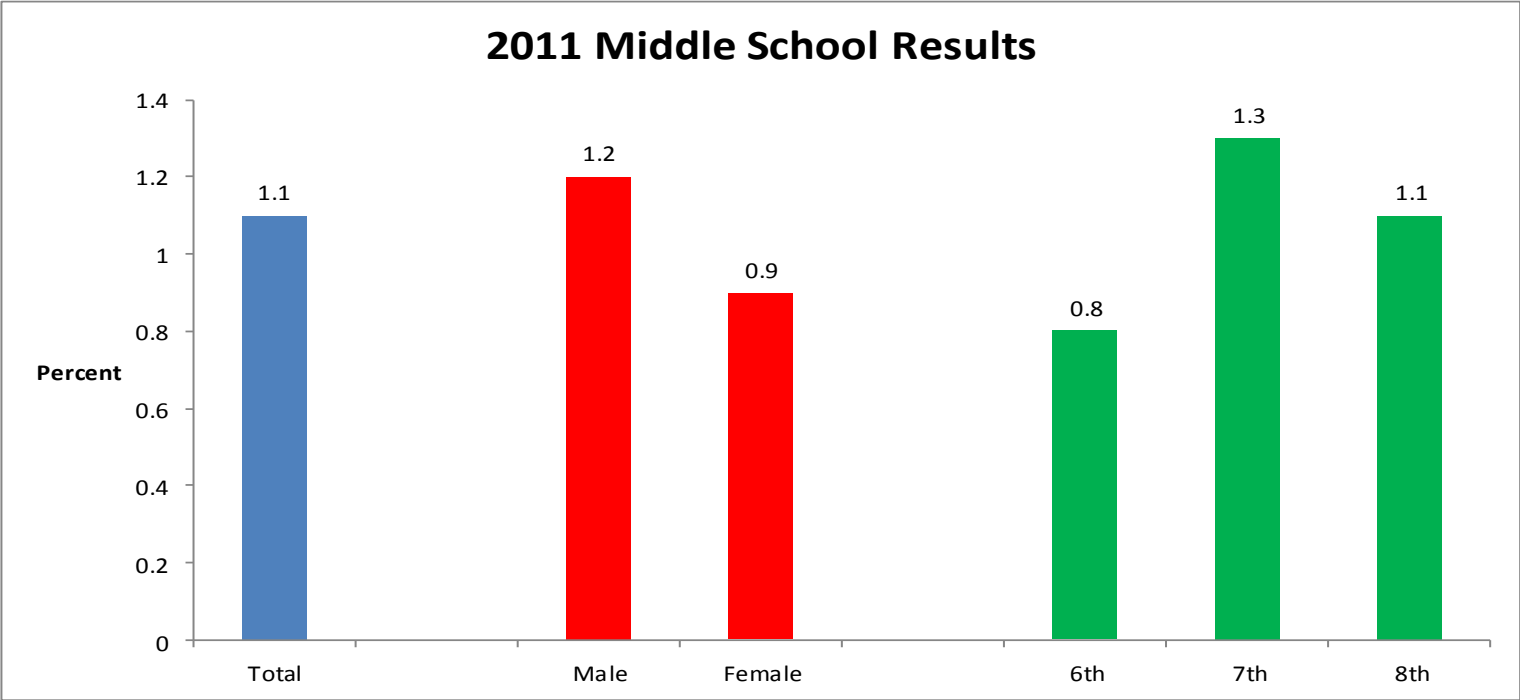
Healthy People 2020 Objective: 16.0%



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

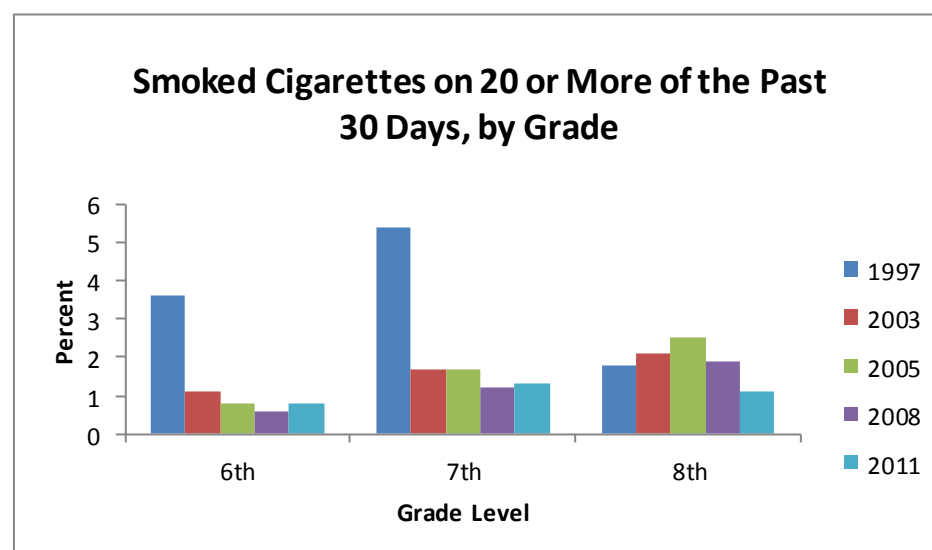
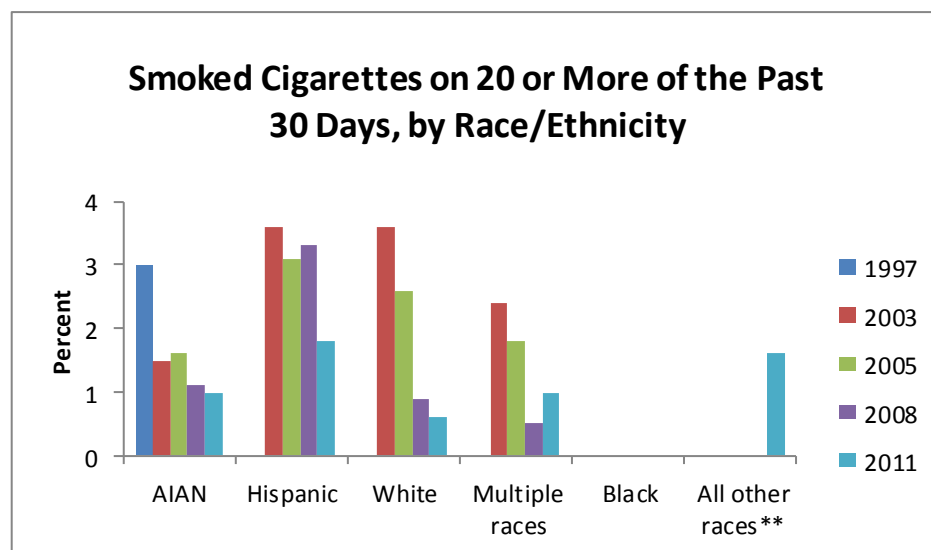
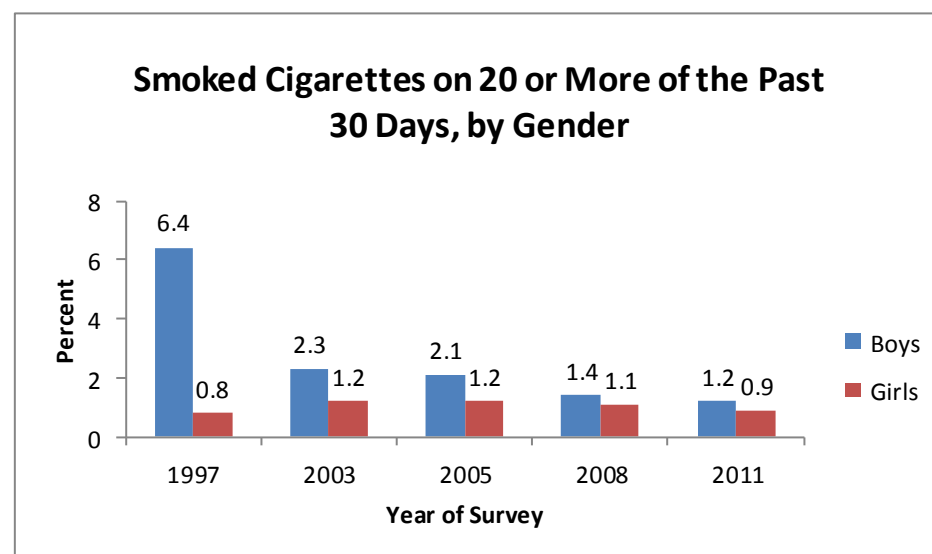
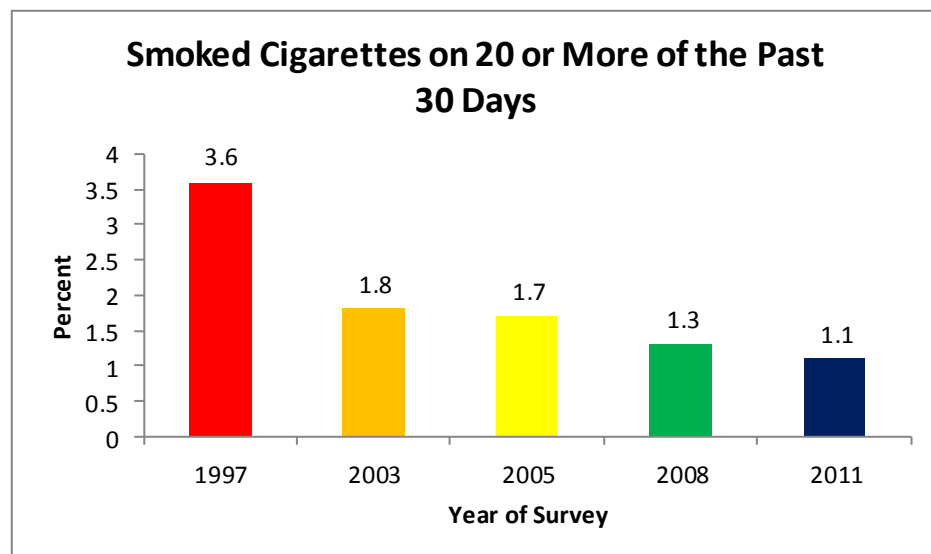
Percent of students who smoked cigarettes on 20 or more of the past 30 days.

Healthy People 2020 Objective: None
2011 New Mexico Middle School: 0.8%
2011 New Mexico Middle School Native American/Alaska Native: 0.8%



Percent of students who smoked cigarettes on 20 or more of the past 30 days.

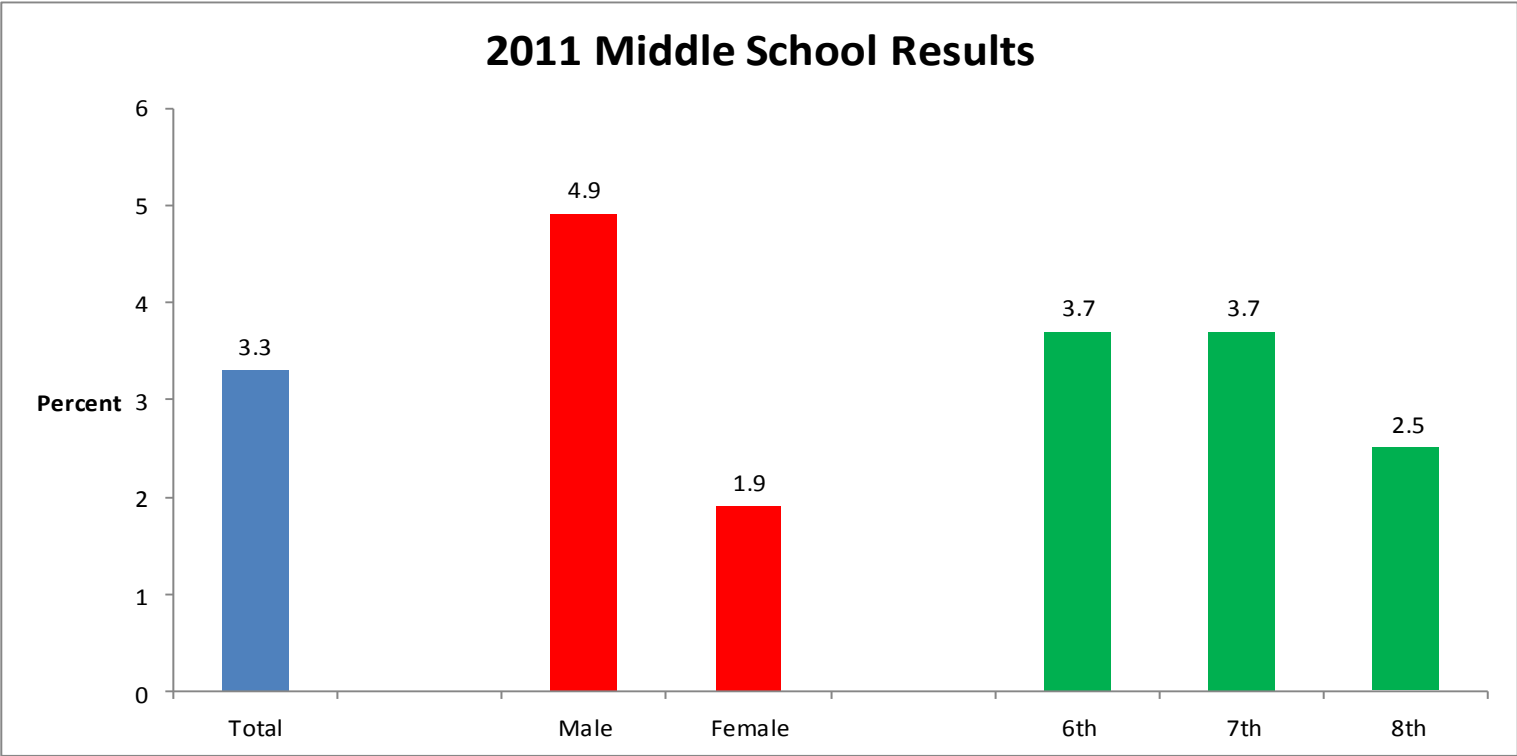
Healthy People 2020 Objective: None



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

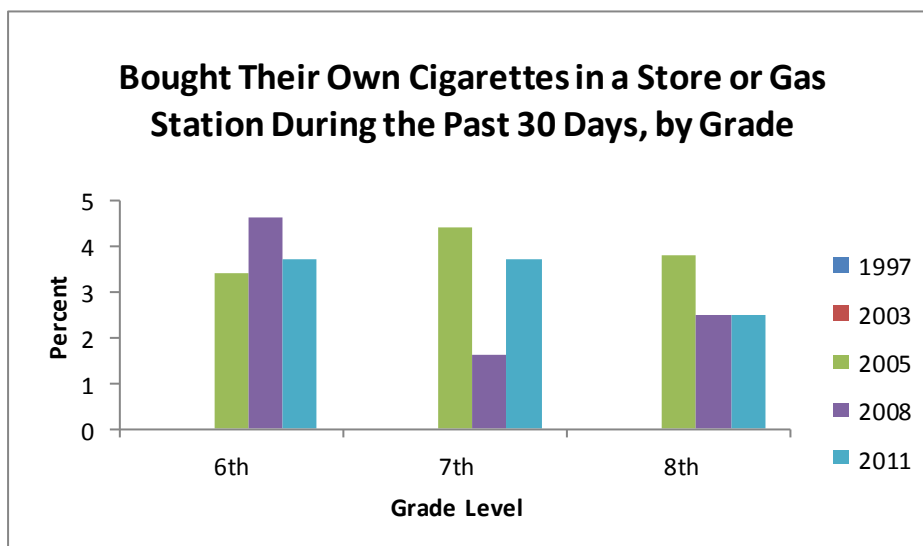
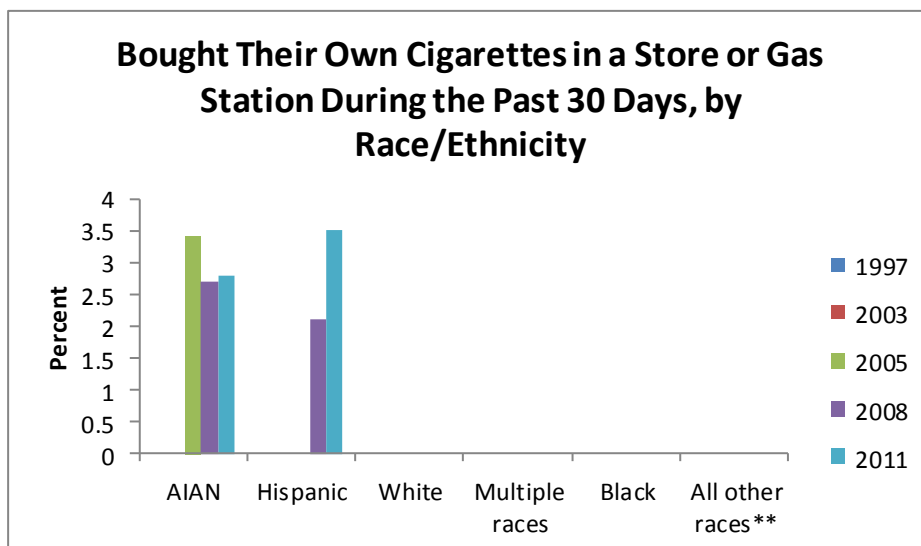
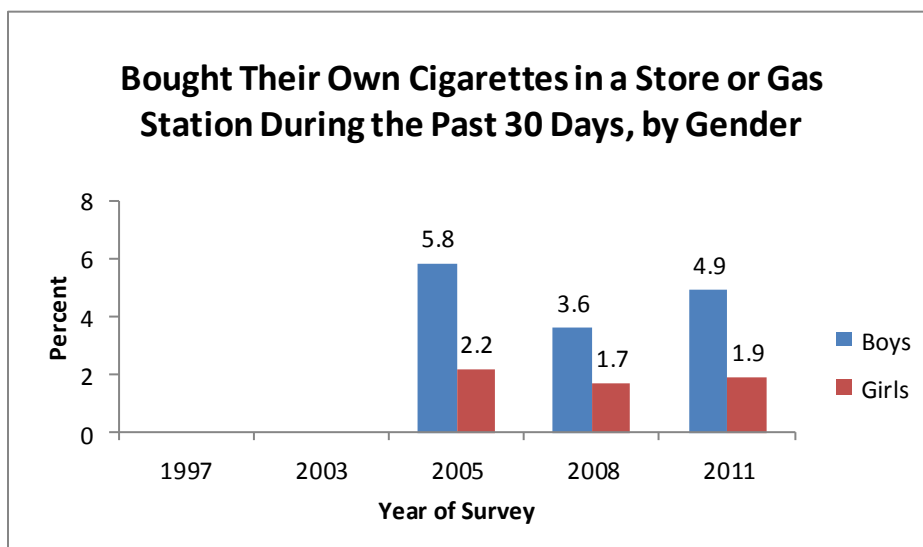
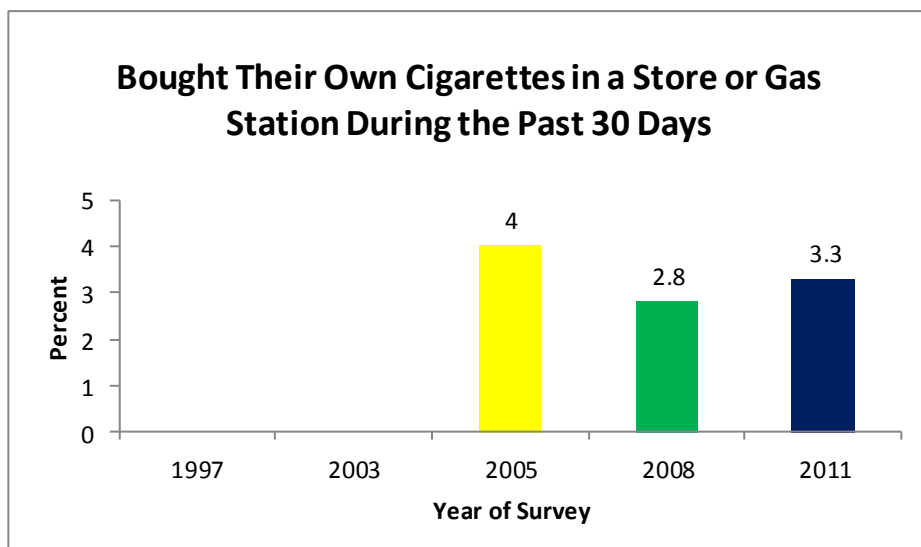
Among cigarette users, the percentage who usually go their own cigarettes by buying them in a store or gas station during the past 30 days.

Healthy People 2020 Objective: None
2011 New Mexico Middle School: 3.4%
2011 New Mexico Middle School Native American/Alaska Native: 2.4%



Among cigarette users, the percentage who usually go their own cigarettes by buying them in a store or gas station during the past 30 days.

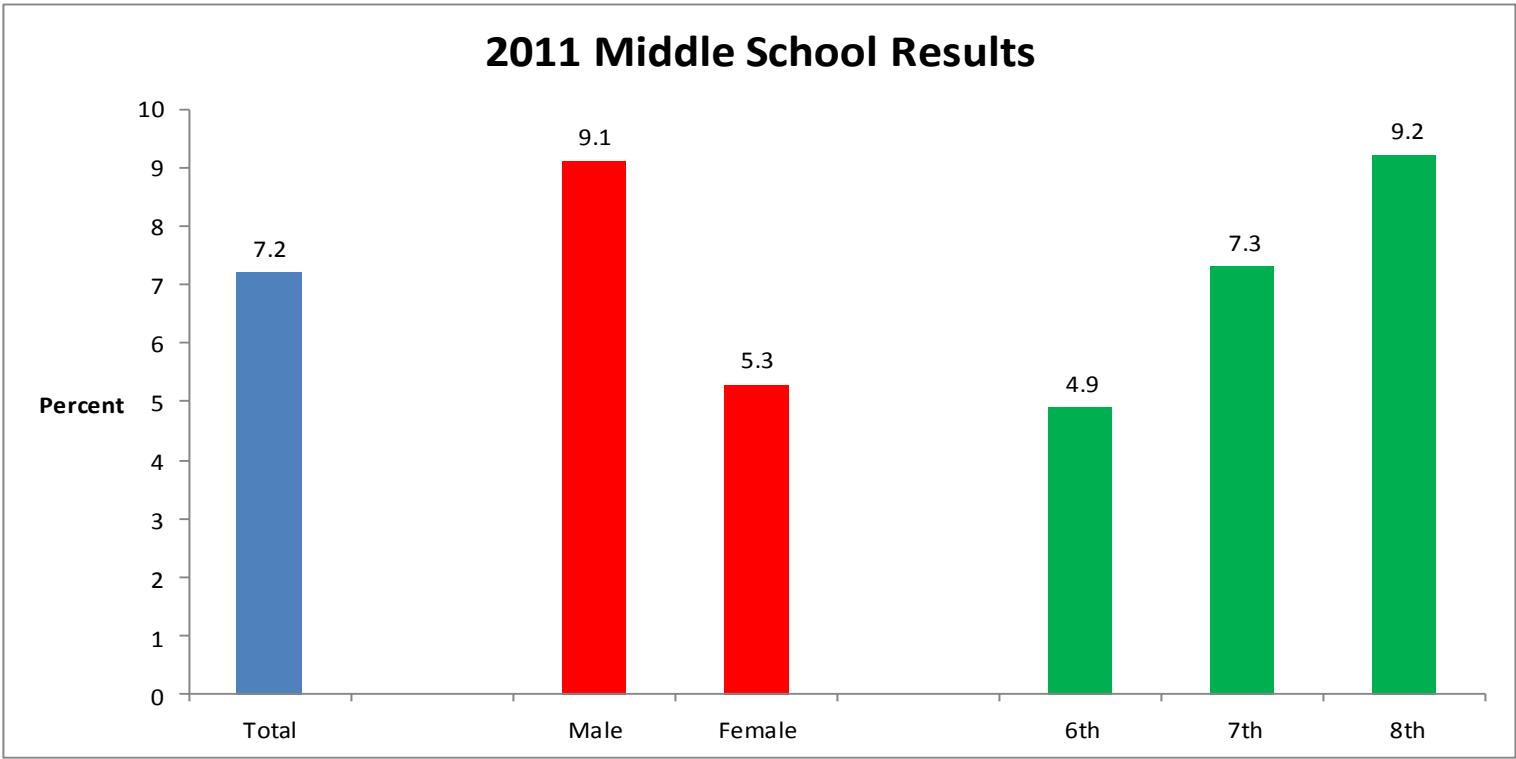
Healthy People 2020 Objective: None



***All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008*

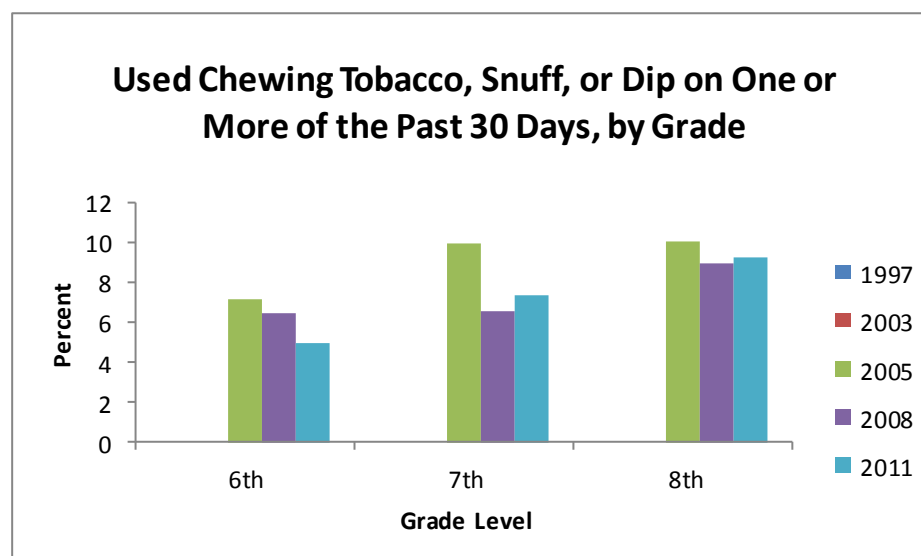
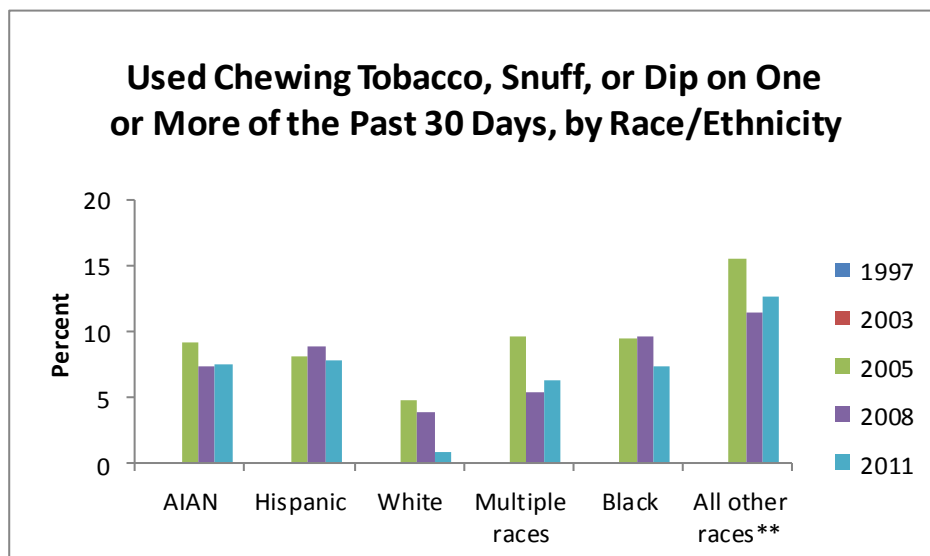
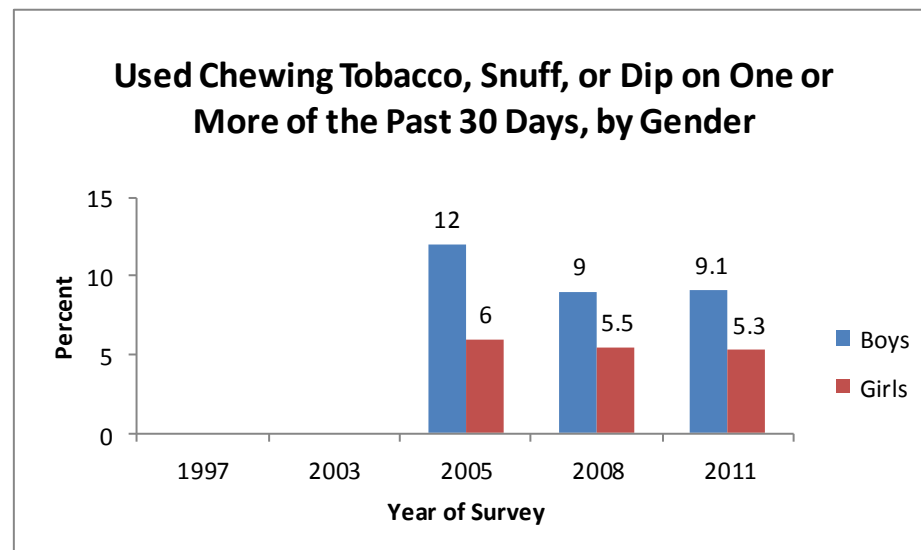
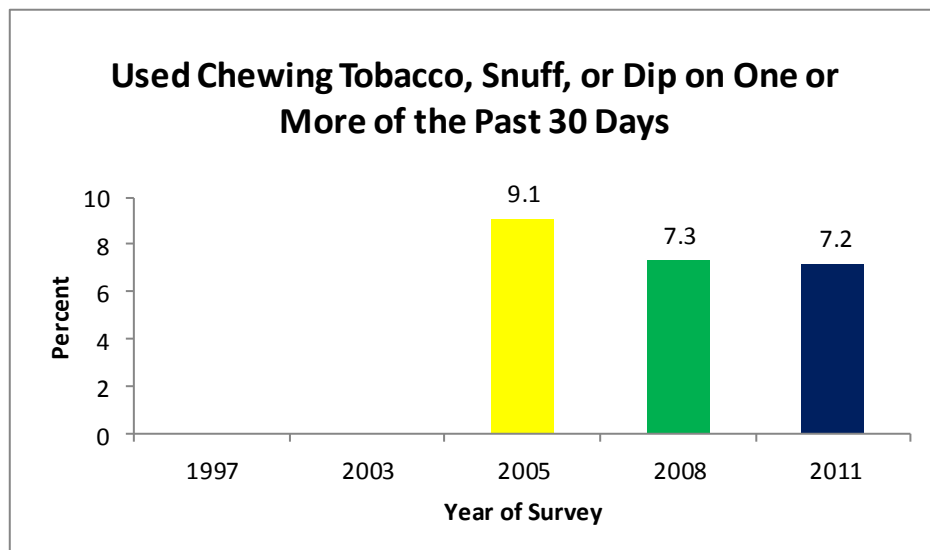
Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days.

Healthy People 2020 Objective: 6.9%
2011 New Mexico Middle School: 3.7%
2011 New Mexico Middle School Native American/Alaska Native: 2.7%



Percentage of students who used chewing tobacco, snuff, or dip on one or more of the past 30 days.

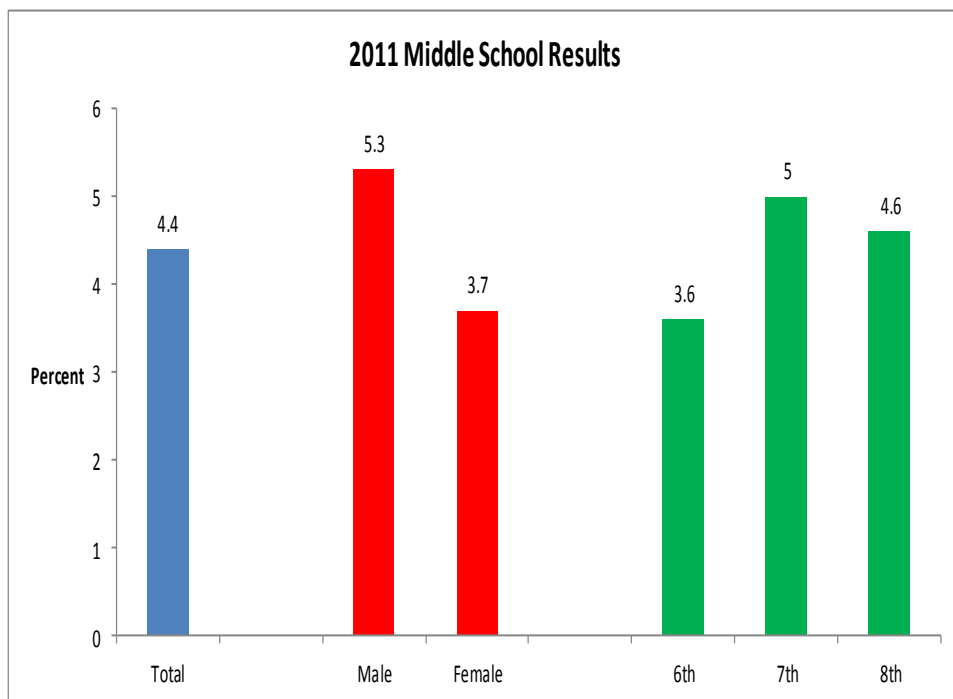
Healthy People 2020 Objective: 6.9%



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

Percentage of students who used chewing tobacco, snuff, or dip for the first time before age 11.

Healthy People 2020 Objective: None

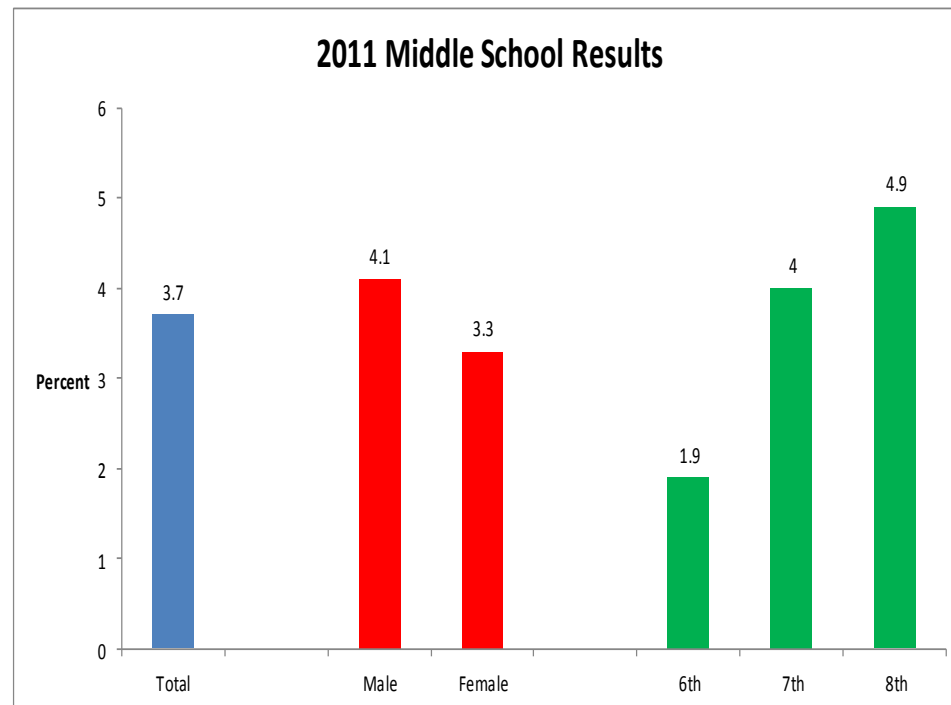


Percentage of students who used chewing tobacco, snuff, or dip on school property on one or more of the past 30 days.

Healthy People 2020 Objective: 6.9%

2011 New Mexico Middle School: NA

2011 New Mexico Middle School Native American/Alaska Native: NA



RATIONALE:

These questions measure smokeless tobacco use, smokeless tobacco use on school property, and cigar use. Smokeless tobacco contains 28 known human carcinogens. Use of smokeless tobacco products increases the risk of developing cancer of the oral cavity. Other oral health problems strongly associated with smokeless tobacco use are leukoplakia (a lesion of the soft tissue that consists of a white patch or plaque that cannot be scraped off) and recession of the gums. Smokeless tobacco use also causes an increased risk of heart disease and stroke. Among high school students nationwide in 2009, 9% had used smokeless tobacco (e.g., chewing tobacco, snuff, or dip) on at least 1 day during the 30 days before the survey and 6% had used smokeless tobacco on school property on at least 1 day during the 30 days before the survey. The percentage of students who reported smokeless tobacco use on at least 1 day during the 30 days before the survey decreased during 1995–2003 (11%–7%) and then did not change significantly during 2003–2009 (7%–9%).

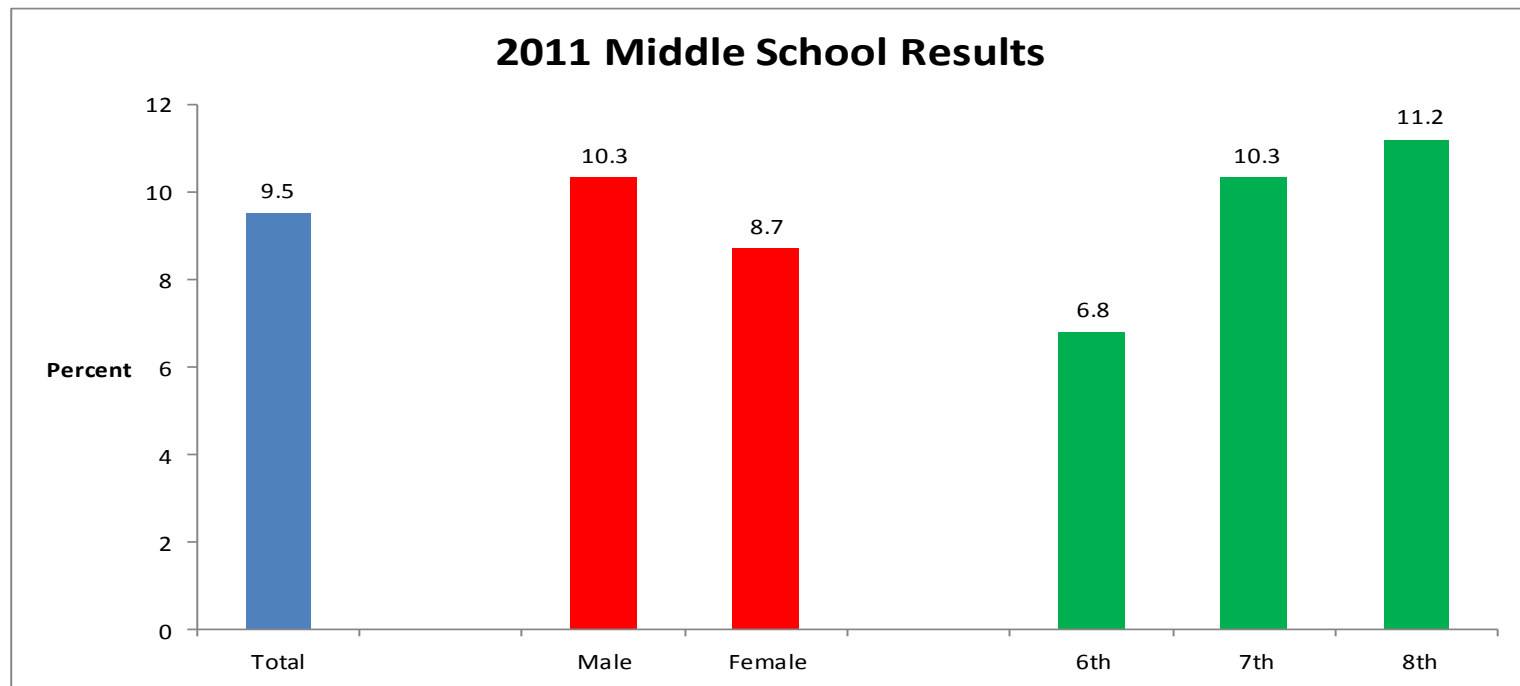
Cigar smoking can cause lung cancer, coronary heart disease, and chronic obstructive pulmonary disease. The overall risk of oral and pharyngeal cancer is 7-10 times higher among cigar smokers compared to those who never smoked. In 2009, 14% of high school students nationwide had smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey. The percentage of students who had smoked cigars, cigarillos, or little cigars on at least 1 day during the 30 days before the survey decreased during 1997–2005 (22%–14%) and then did not change significantly during 2005–2009 (14%–14%).

Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.

Healthy People 2020 Objective: 8.0%

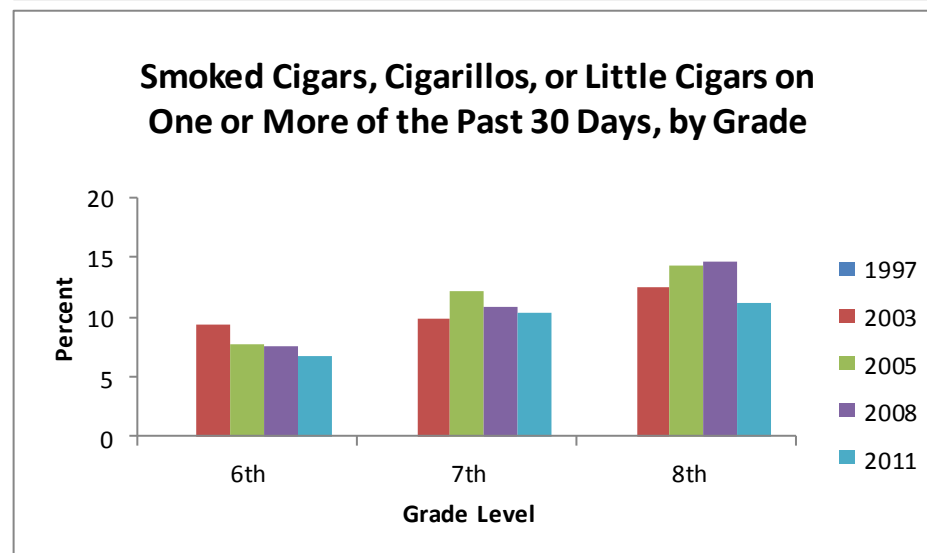
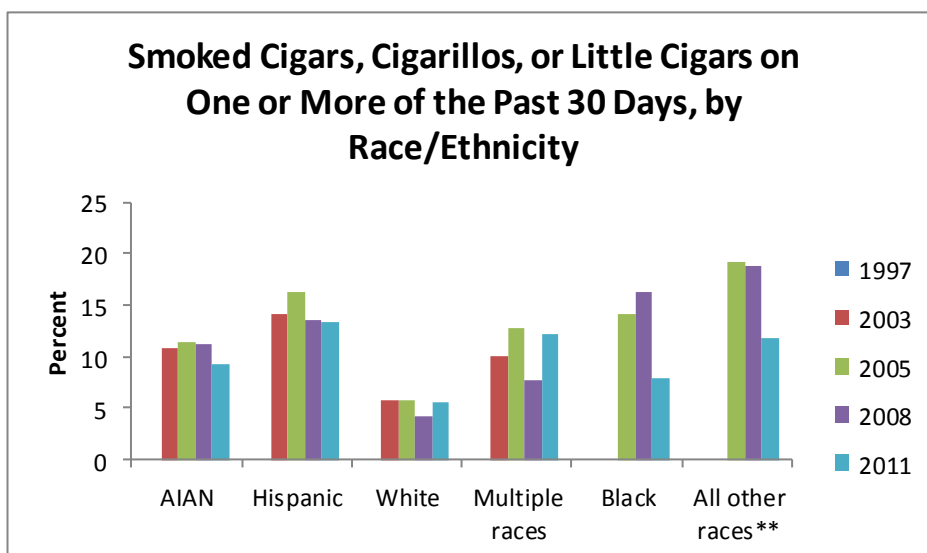
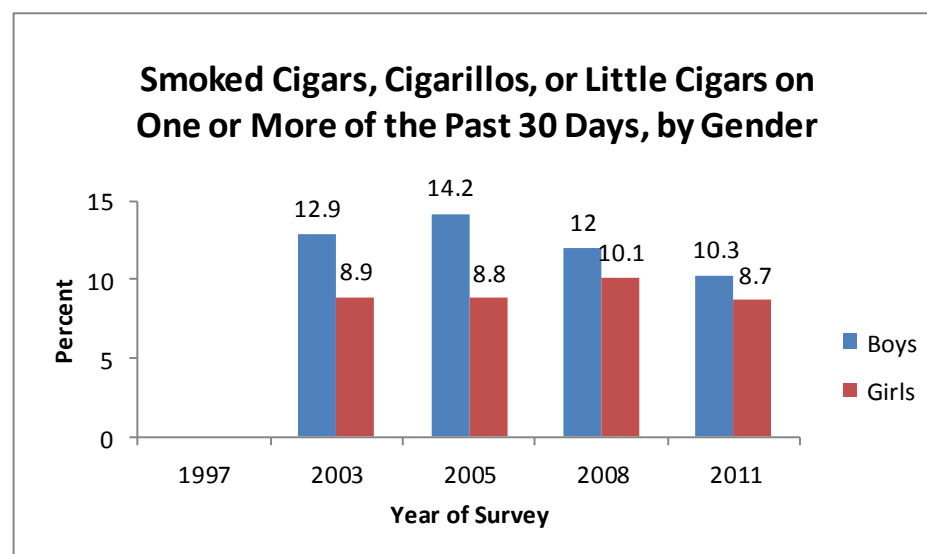
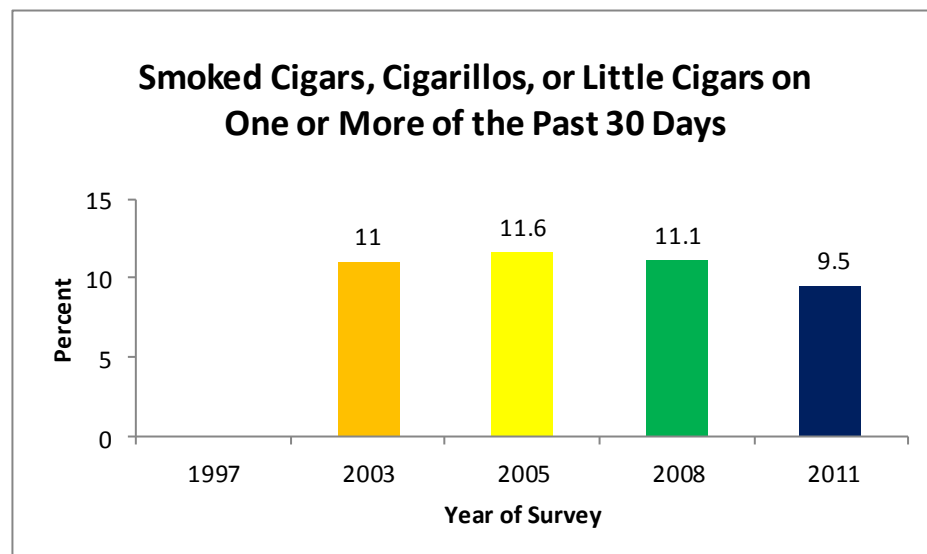
2011 New Mexico Middle School: 5.8%

2011 New Mexico Middle School Native American/Alaska Native: 5.6%



Percentage of students who smoked cigars, cigarillos, or little cigars on one or more of the past 30 days.

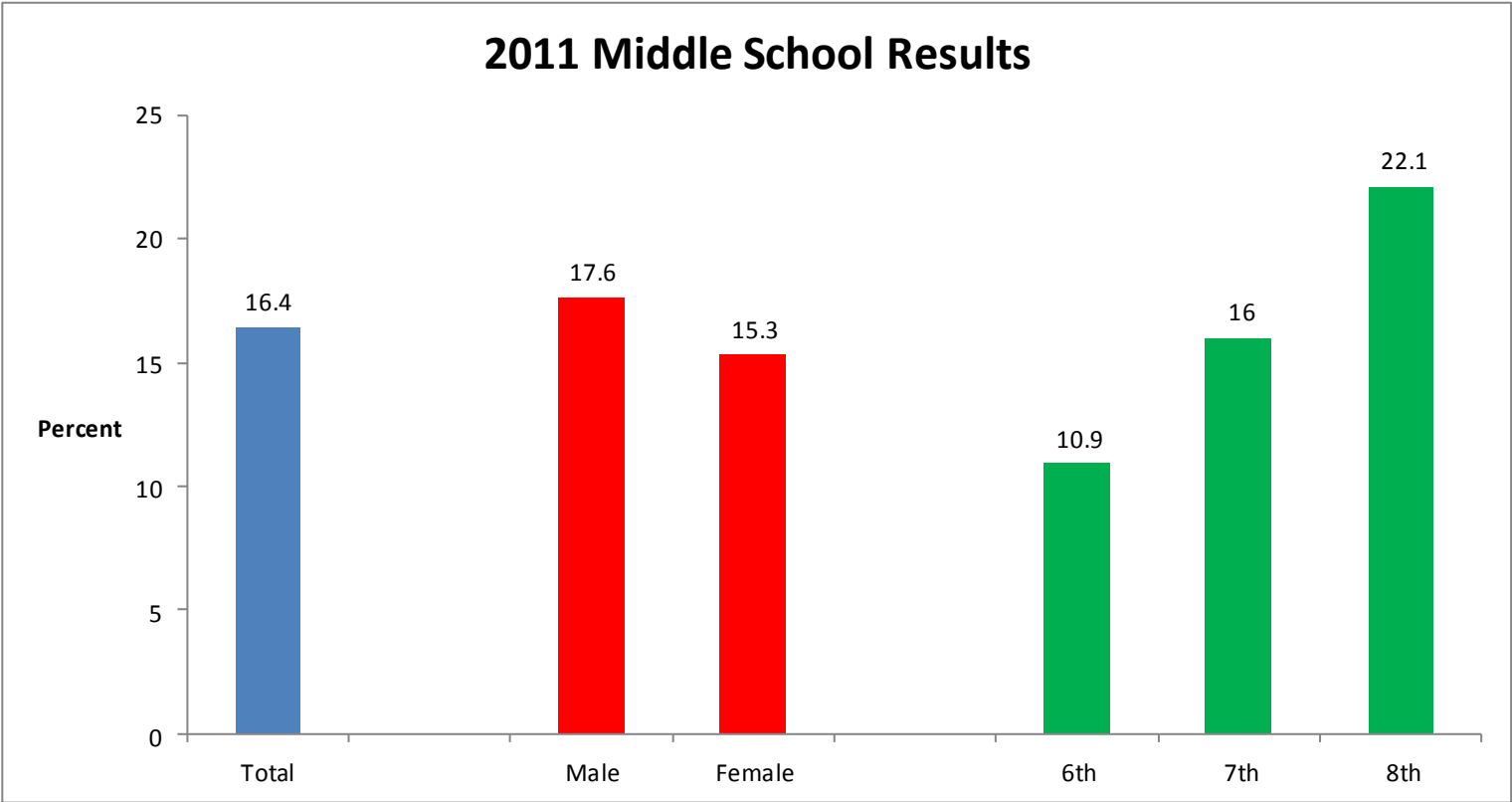
Healthy People 2020 Objective: 8.0%



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2007

Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days

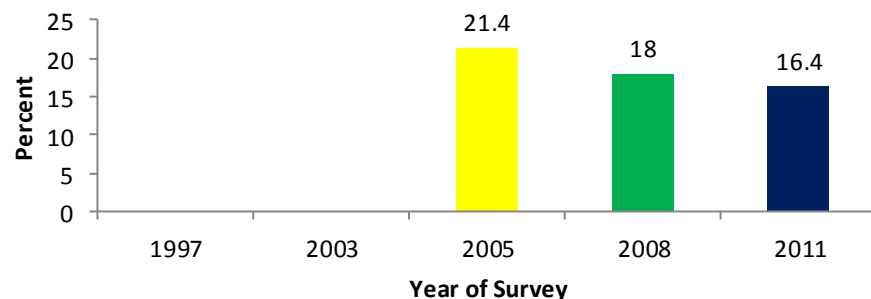
Healthy People 2020 Objective: 21.0%
2011 New Mexico Middle School: 8.7%
2011 New Mexico Middle School Native American/Alaska Native: 8.1%



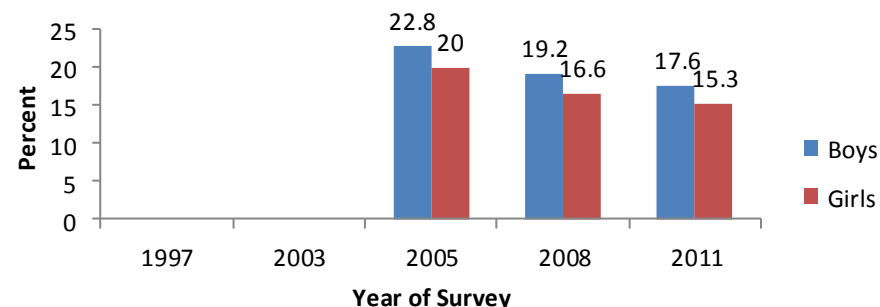
Percentage of students who smoked cigarettes or cigars or used chewing tobacco, snuff, or dip on one or more of the past 30 days

Healthy People 2020 Objective: 21.0%

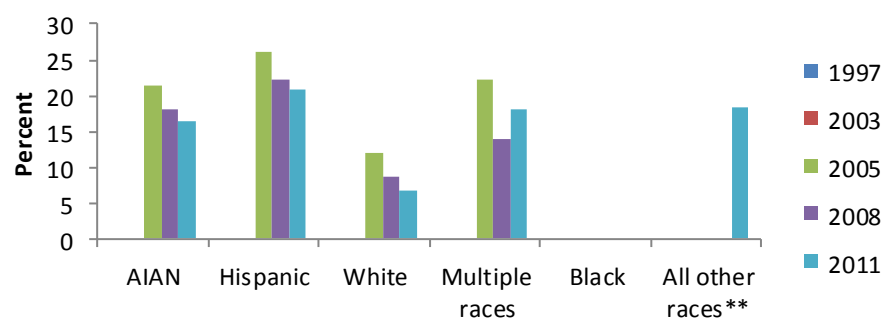
Smoked Cigarettes or Cigars or Used Chewing Tobacco, Snuff, or Dip on One or More of the Past 30 Days



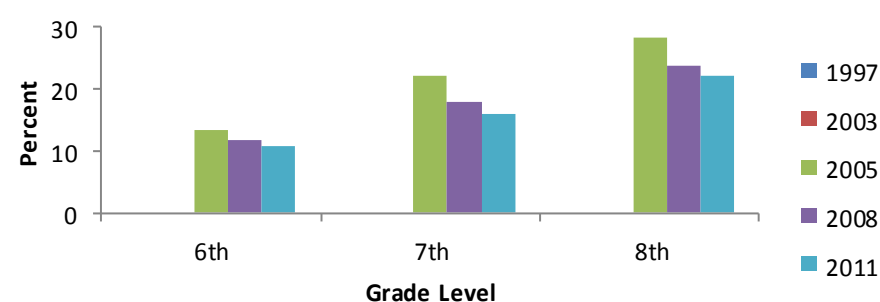
Smoked Cigarettes or Cigars or Used Chewing Tobacco, Snuff, or Dip on One or More of the Past 30 Days, by Gender



Smoked Cigarettes or Cigars or Used Chewing Tobacco, Snuff, or Dip on One or More of the Past 30 Days, by Race/Ethnicity



Smoked Cigarettes or Cigars or Used Chewing Tobacco, Snuff, or Dip on One or More of the Past 30 Days, by Grade



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008



Alcohol and other Drug Use

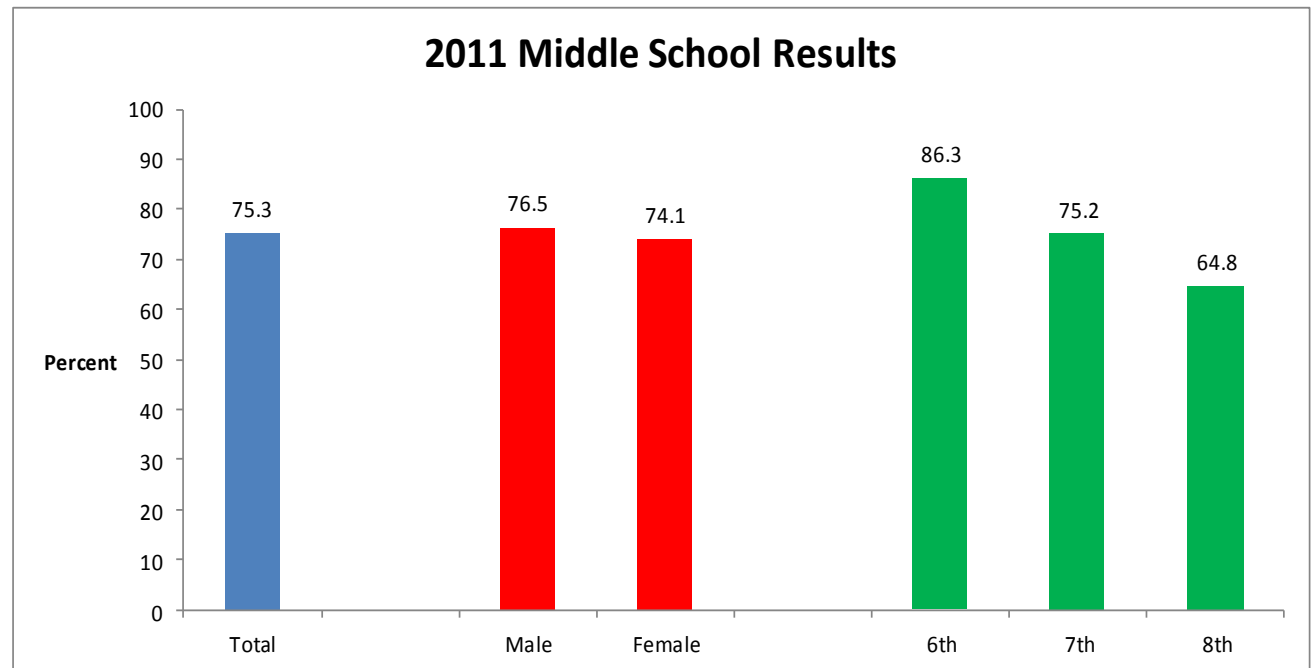
Alcohol Use

RATIONALE:

These questions measure ever and current use of alcohol, age of initiation, binge drinking, access to alcohol, and drinking on school property. Alcohol is used by more young people than tobacco or illicit drugs. Heavy alcohol drinking among youth is associated with risky sexual behaviors (including sexual initiation, multiple sex partners, reduced condom use, and pregnancy) and use of cigarettes, marijuana, cocaine, and other illegal drugs. Motor vehicle crashes are the leading cause of death among youth ages 15–19 years in the United States and alcohol use is associated with 9% of all motor vehicle crashes that result in injury and approximately one-third of all traffic-related fatalities. Persons who begin drinking alcohol before the age of 15 years are five times as likely to report alcohol dependence or abuse than those who first drank alcohol at age 21 or older. Limiting youth access to alcohol has reduced underage alcohol use and alcohol-related problems. However, youth continue to obtain alcohol from a variety of sources, reflecting the need for improved enforcement of underage drinking laws as well as greater public awareness of restrictions on drinking alcohol by underage youth. Nearly 100% of school districts in the United States explicitly prohibit alcohol use by students on school property. Among high school students nationwide in 2009, 72% had had at least one drink of alcohol on at least 1 day during their life and 42% had had at least one drink of alcohol on at least 1 day during the 30 days before the survey. In addition, 24% of high school students had had 5 or more drinks of alcohol in a row on at least 1 day during the 30 days before the survey and 5% of students had drunk at least one drink of alcohol on school property on at least 1 day during the 30 days before the survey. The percentage of high school students who had had at least one drink of alcohol on at least 1 day during their life decreased during 1991-2009 (82%–72%).

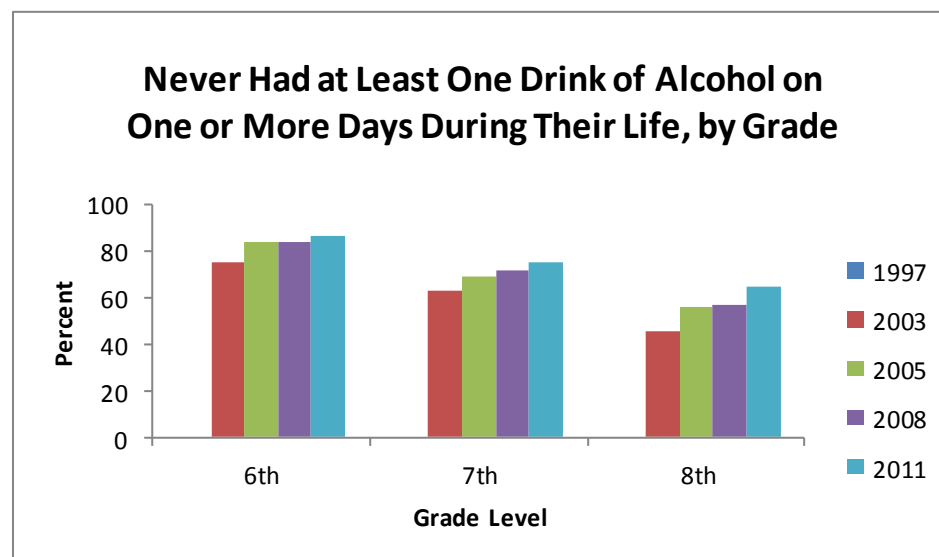
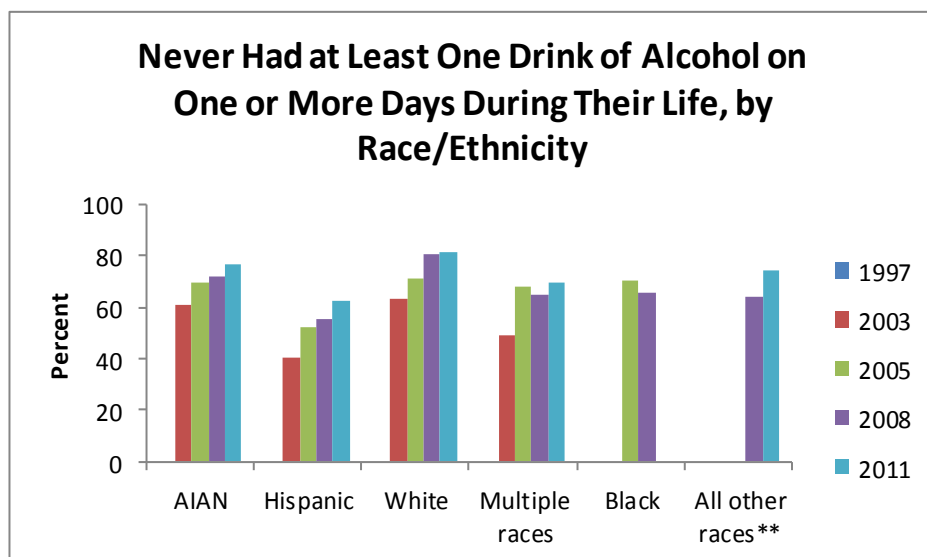
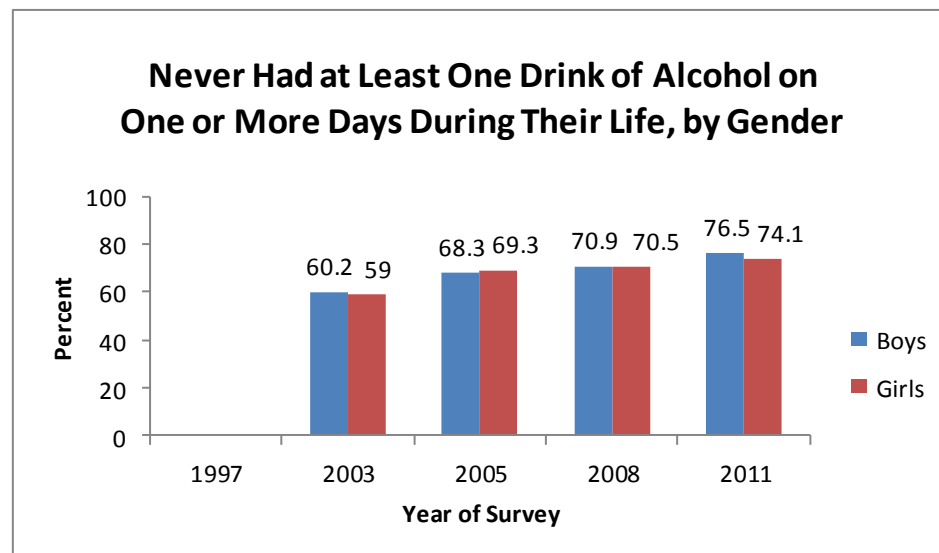
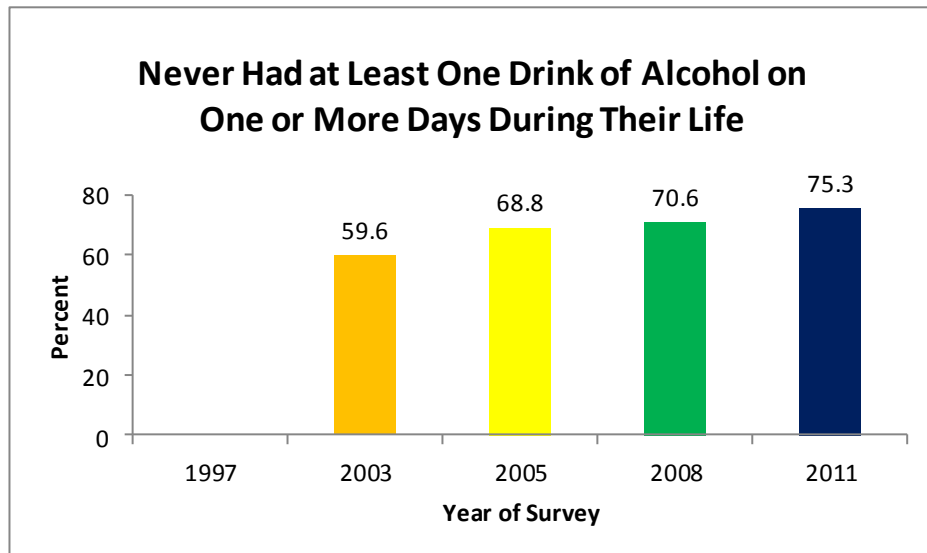
Percentage of students who never had at least one drink of alcohol on one or more days during their life

Healthy People 2020 Objective: 30.5%
(Seniors in High School, who never used alcohol)
2011 New Mexico Middle School: 70.5%
2011 New Mexico Middle School Native American/Alaska Native: 71.1%



Percentage of students who never had at least one drink of alcohol on one or more days during their life

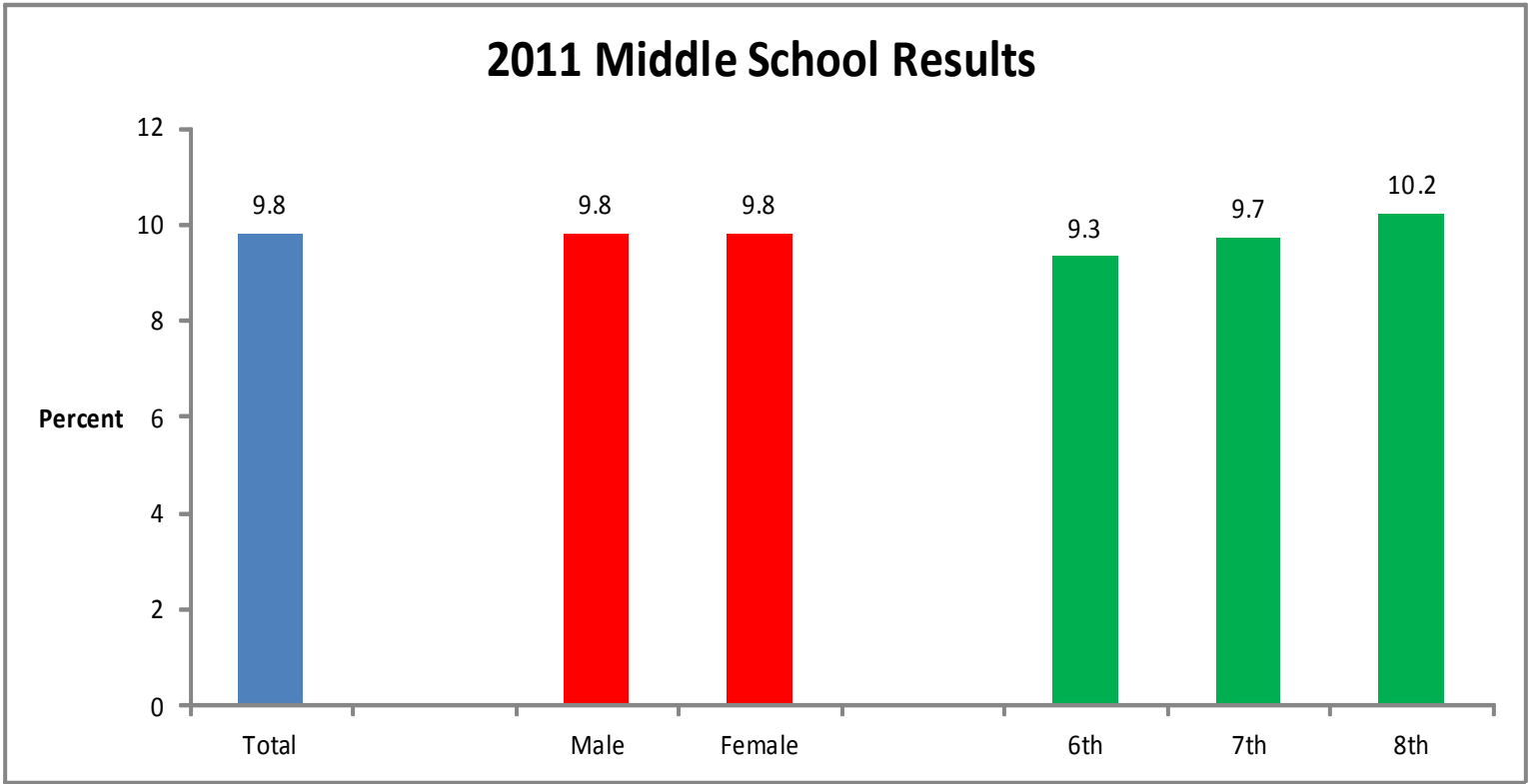
Healthy People 2020 Objective: 30.5% (Seniors in High School, who never used alcohol)



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

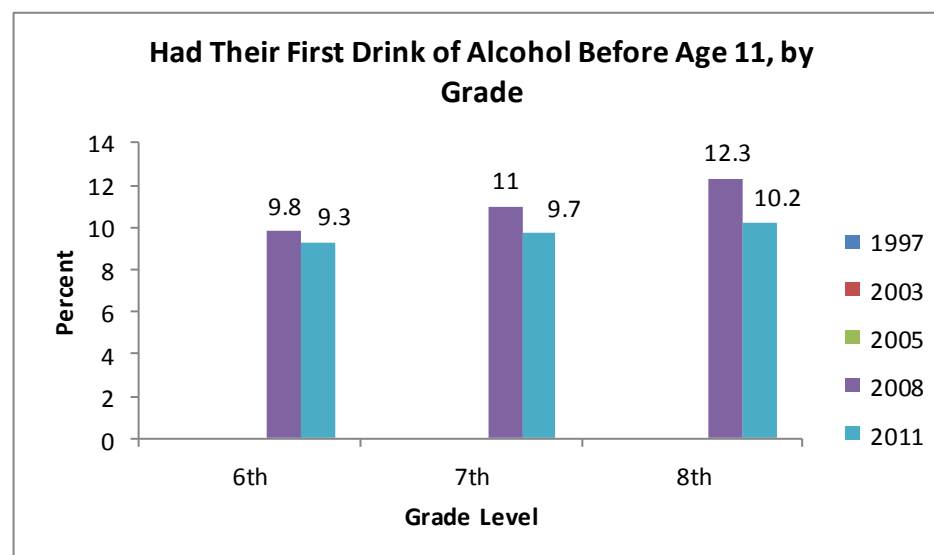
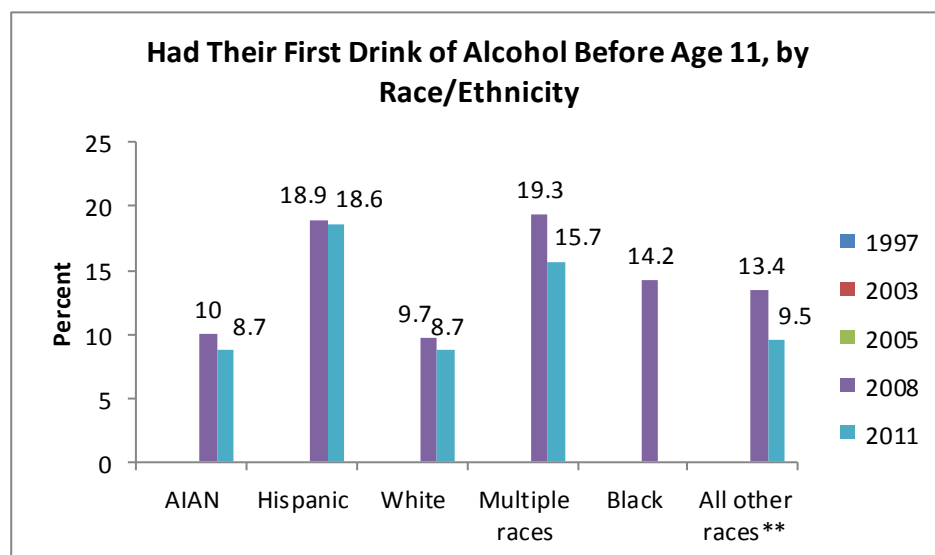
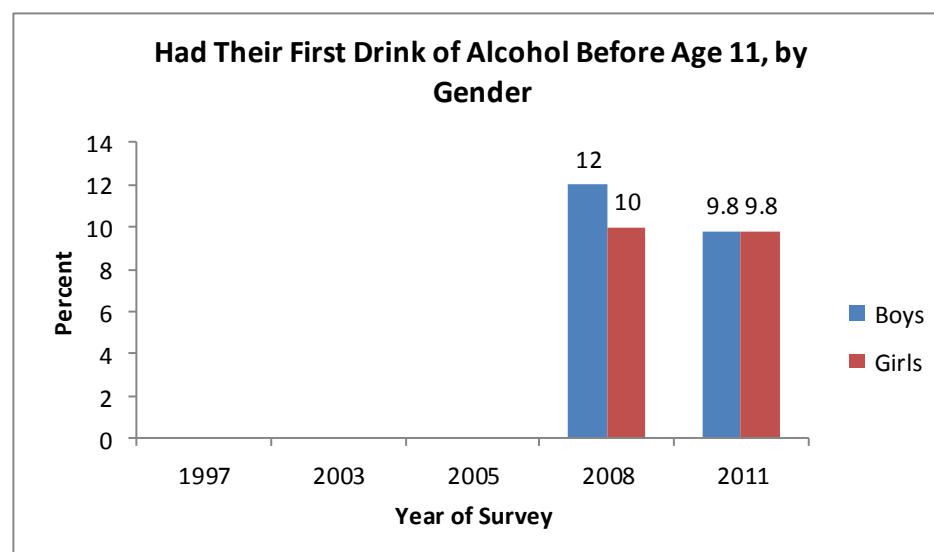
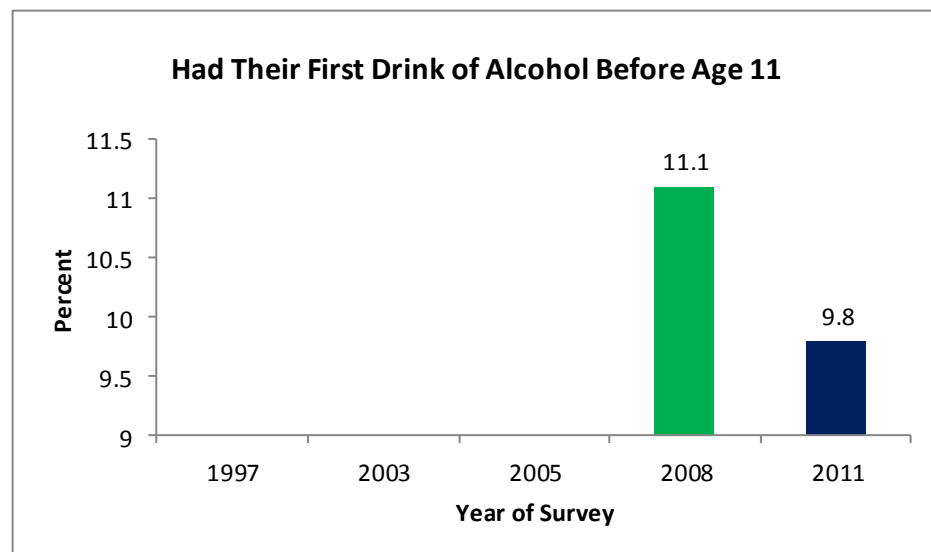
Percentage of Middle School students who had their first drink of alcohol before age 11

Healthy People 2020 Objective: None
2011 New Mexico Middle School: 14.5%
2011 New Mexico Middle School Native American/Alaska Native: 13.1%



Percentage of Middle School students who had their first drink of alcohol before age 11

Healthy People 2020 Objective: None



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

Drug Use

RATIONALE:

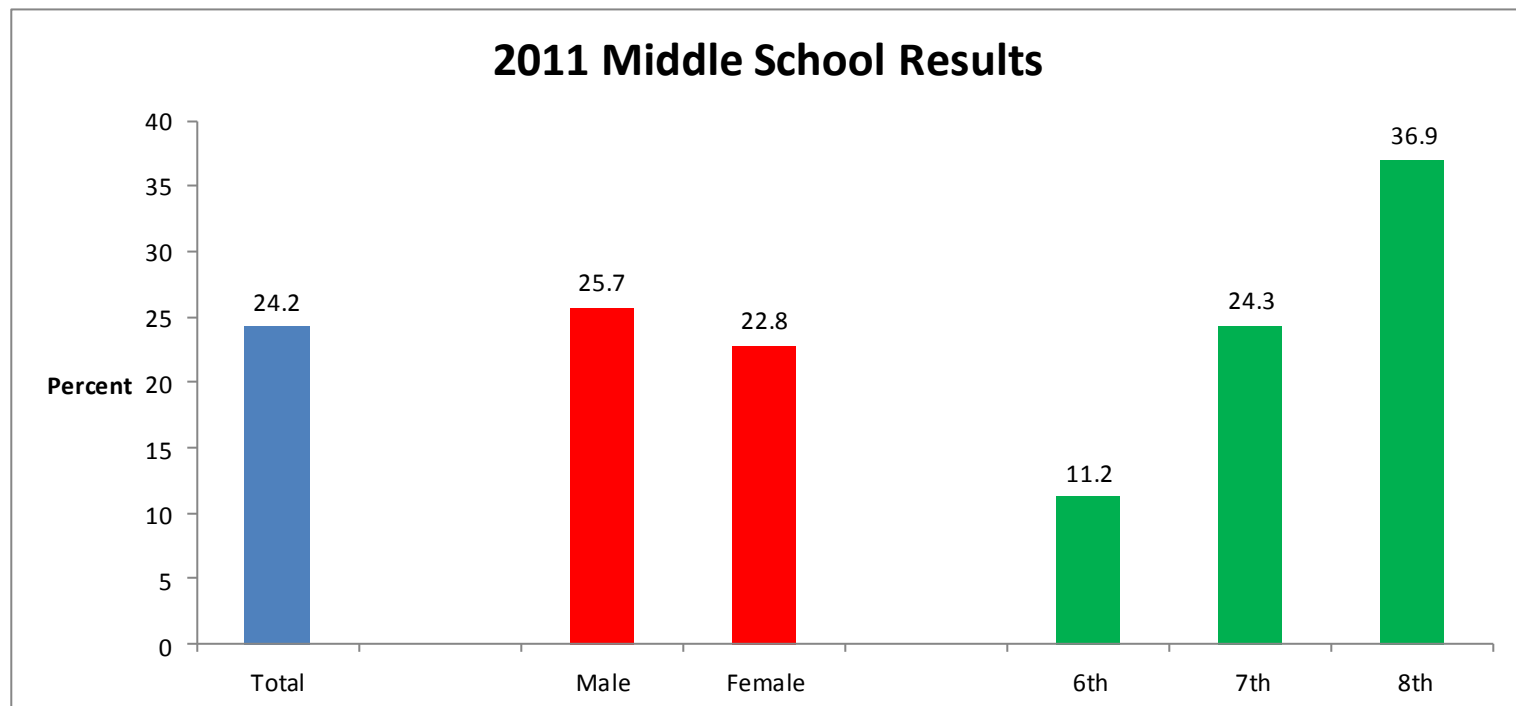
These questions measure ever and current use of marijuana and cocaine, and ever use of inhalants, heroin, methamphetamines, ecstasy, steroids, injected drugs, and prescription drug abuse. Among youth, illicit drug use is associated with heavy alcohol and tobacco use, violence and delinquency, and suicide. All school districts prohibit illegal drug possession or use by students on school property. Among high school students nationwide in 2009, 37% had used marijuana, 6% had used any form of cocaine, 3% had taken steroid pills or shots without a doctor's prescription, 8% had used hallucinogenic drugs, 2% had used heroin, 4% had used methamphetamines, and 7% had used ecstasy one or more times during their life. In addition, 12% of high school students had sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high and 2% had used a needle to inject any illegal drug into their body one or more times during their life. The percentage of high school students who had used marijuana one or more times during their life increased during 1991–1999 (31%–47%) and then decreased during 1999–2009 (47%–37%).

Percentage of students who ever tried marijuana

Healthy People 2020 Objective: None

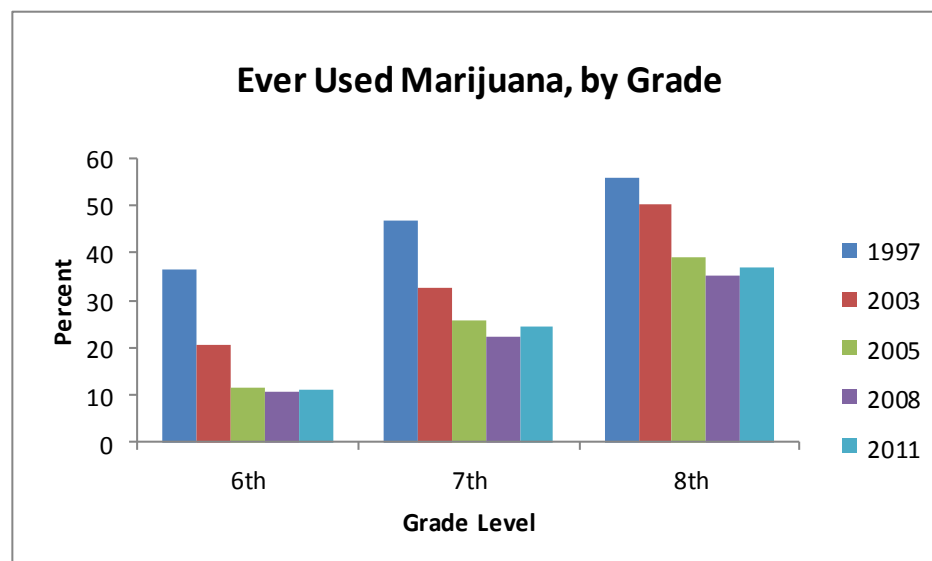
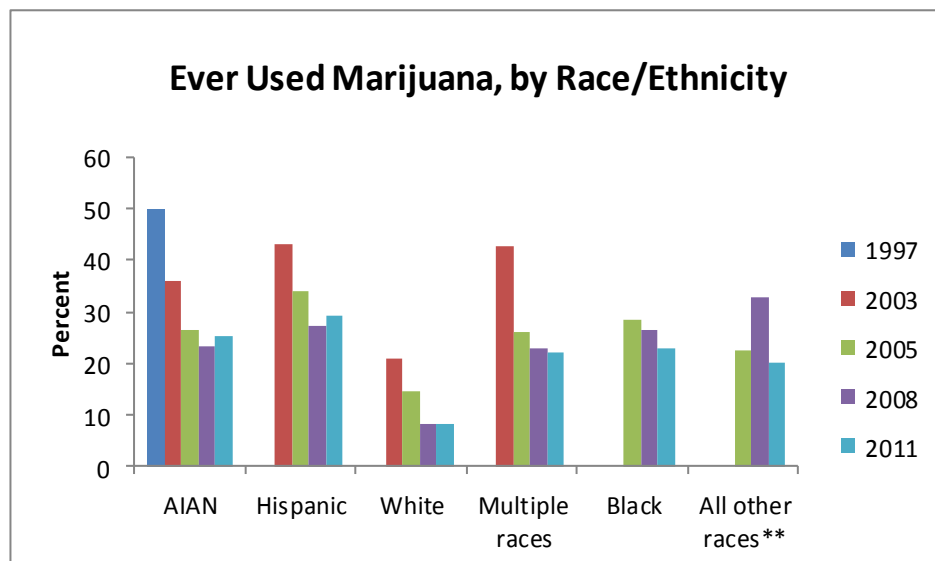
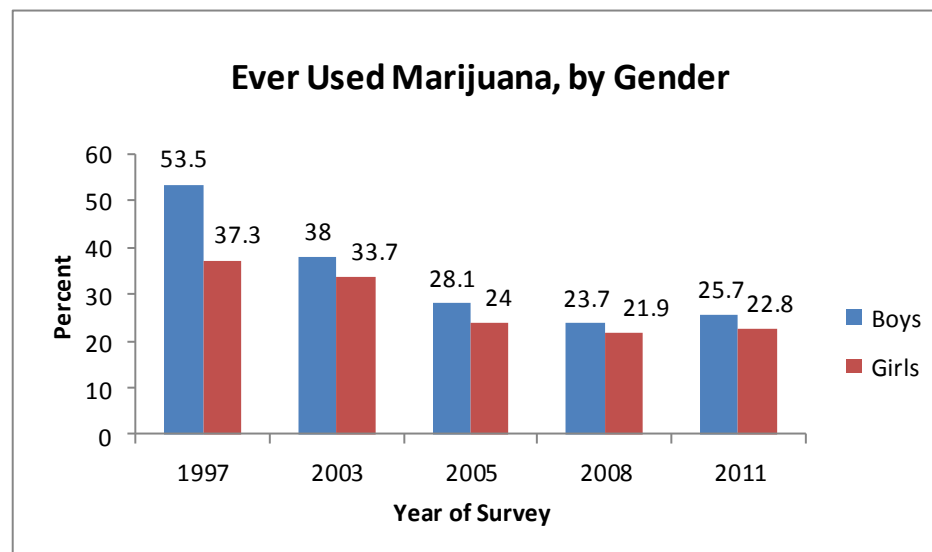
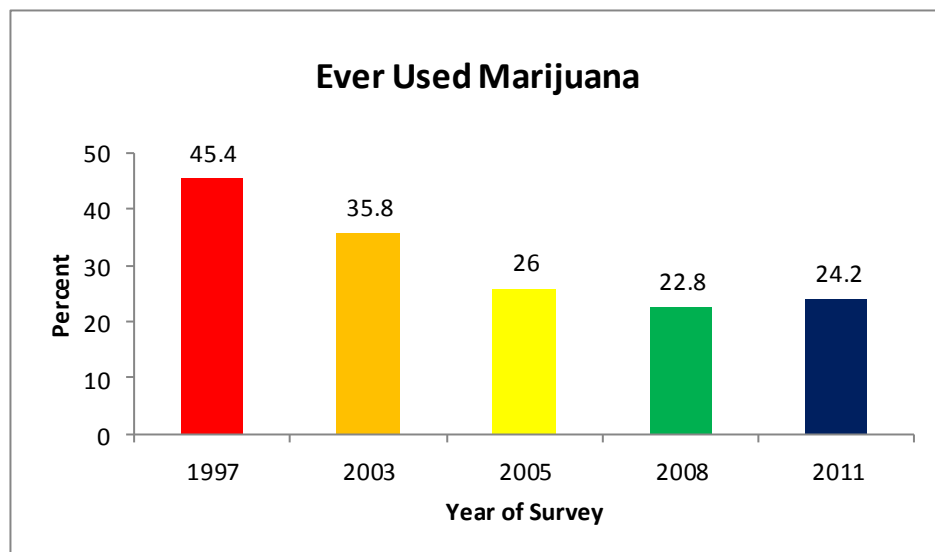
2011 New Mexico Middle School: 15.9%

2011 New Mexico Middle School Native American/Alaska Native: 14.2%



Percentage of students who ever tried marijuana

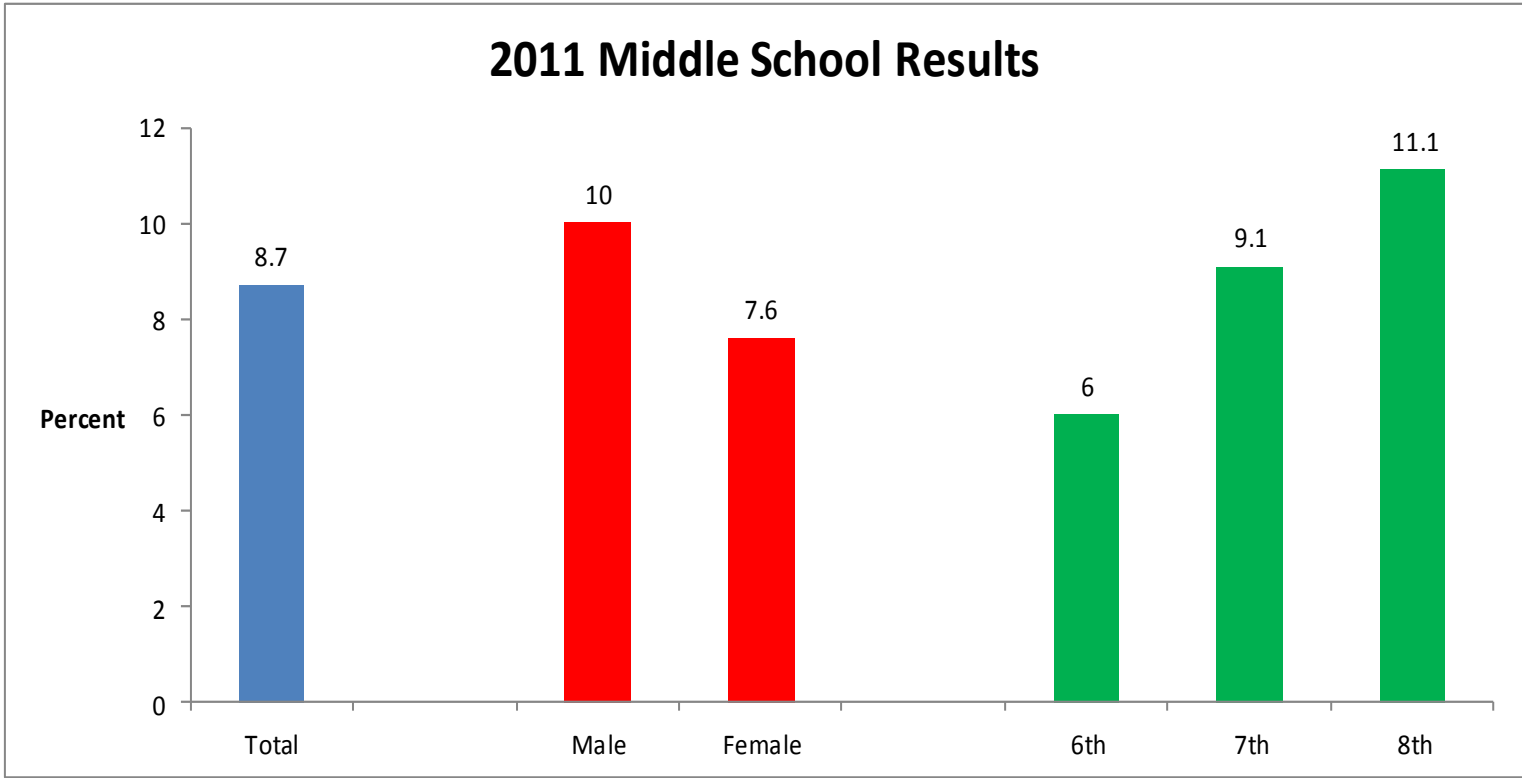
Healthy People 2020 Objective: None



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

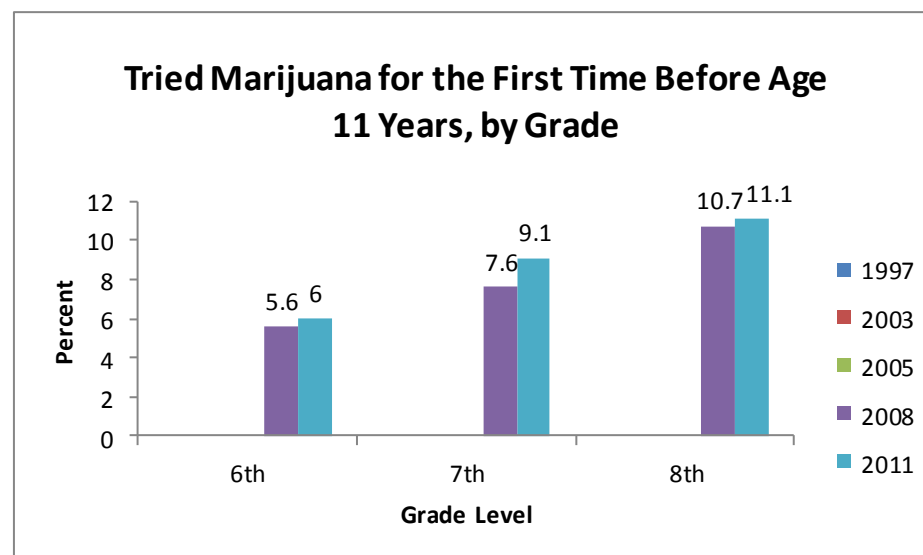
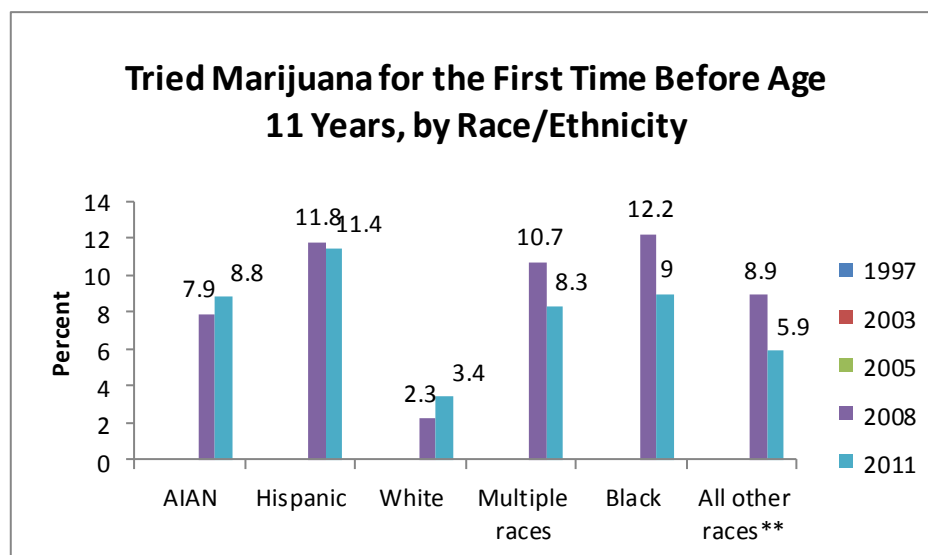
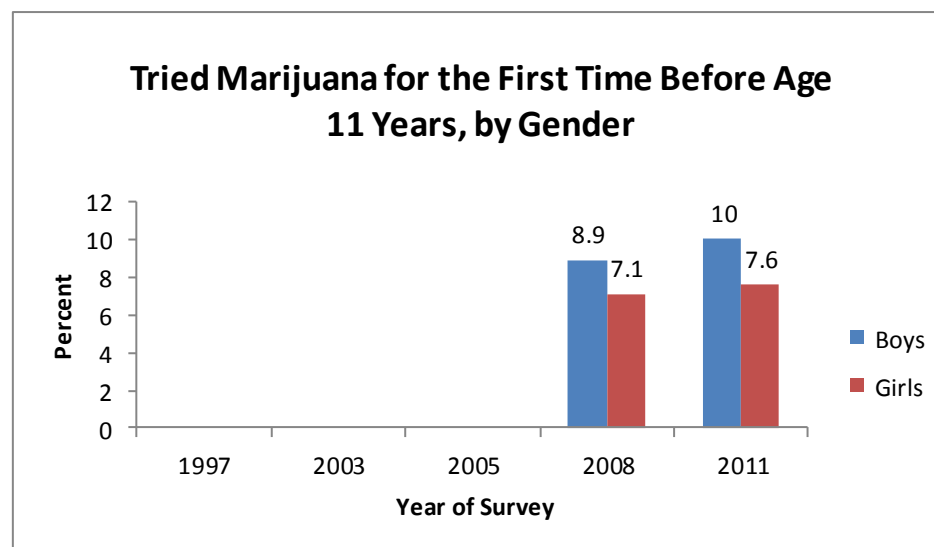
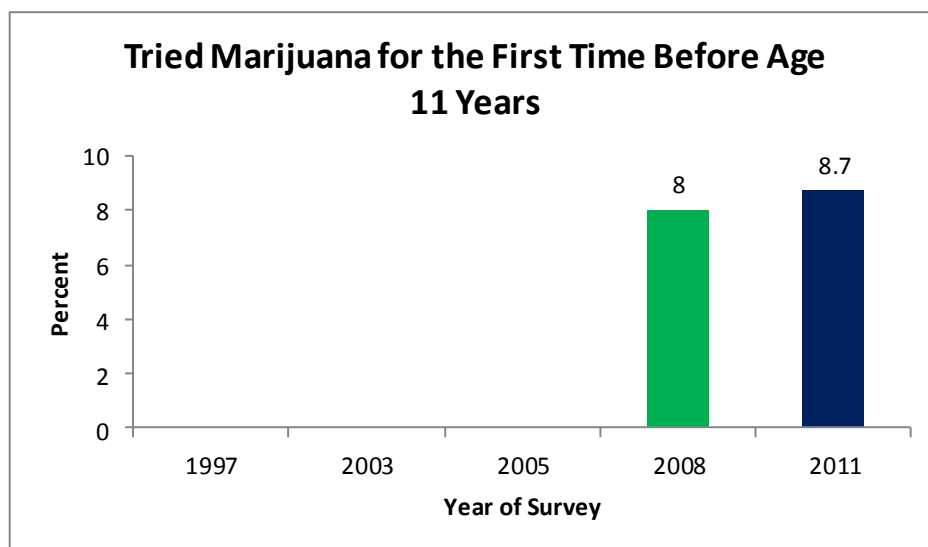
Percentage of Middle School students who tried marijuana for the first time before age 11

Healthy People 2020 Objective: None
2011 New Mexico Middle School: 5.0%
2011 New Mexico Middle School Native American/Alaska Native: 3.5%



Percentage of Middle School students who tried marijuana for the first time before age 11

Healthy People 2020 Objective: None



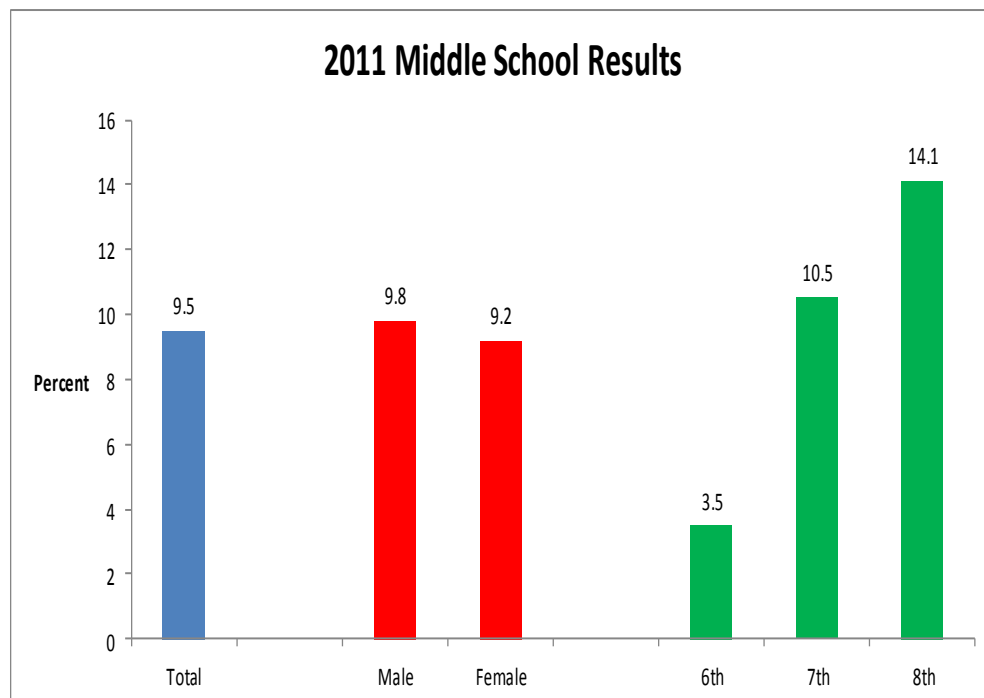
**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

Percentage of students who used marijuana on school property one or more times during the past 30 days

Healthy People 2020 Objective: None

2011 New Mexico Middle School: NA

2011 New Mexico Middle School Native American/Alaska Native: NA

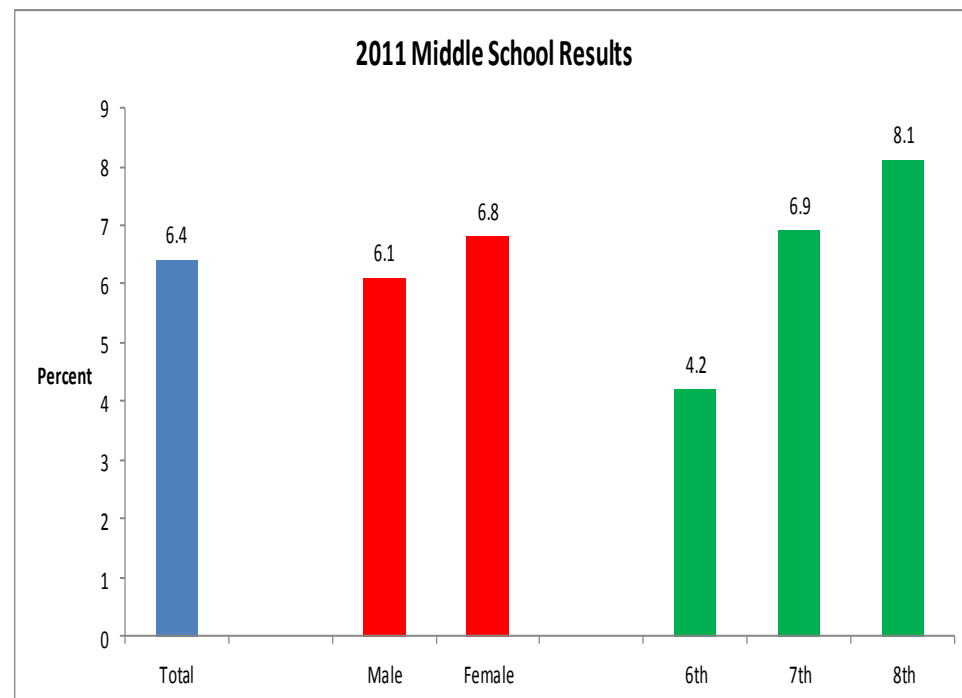


Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life

Healthy People 2020 Objective: None

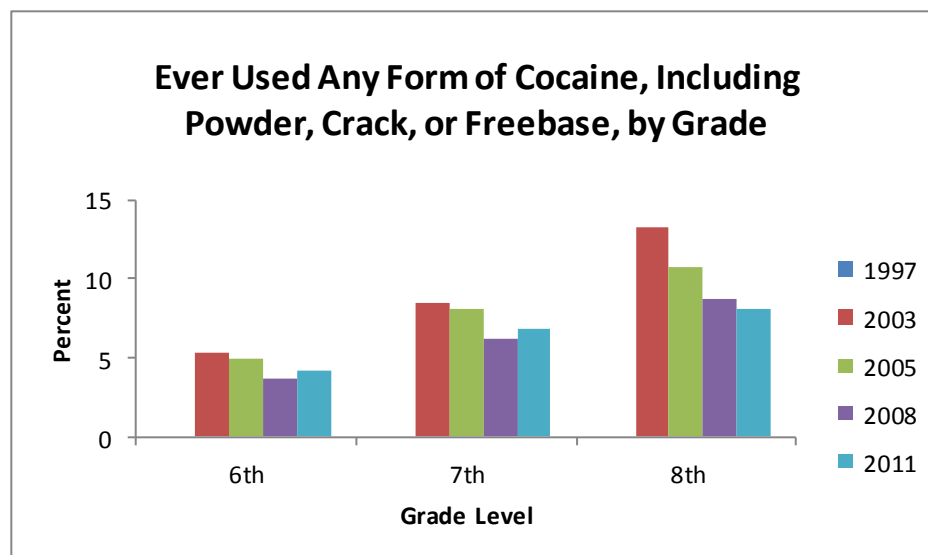
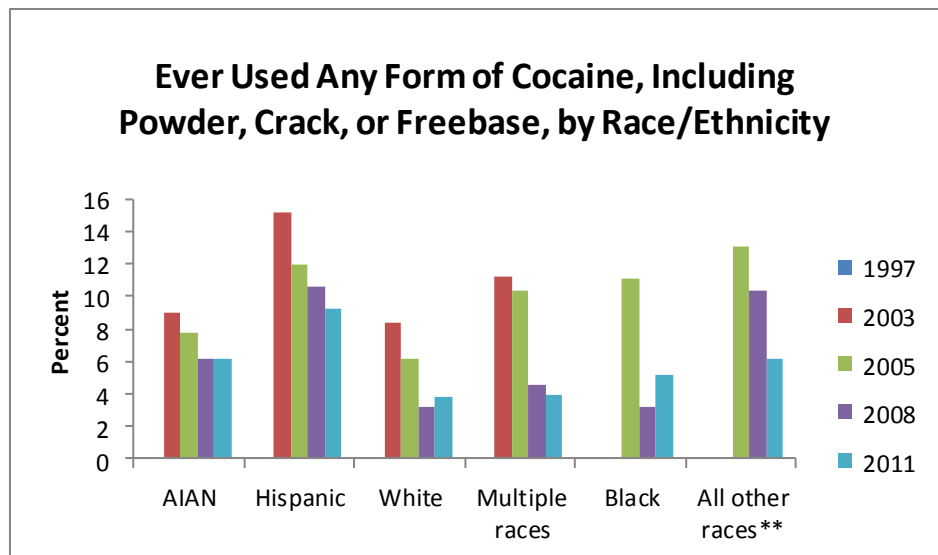
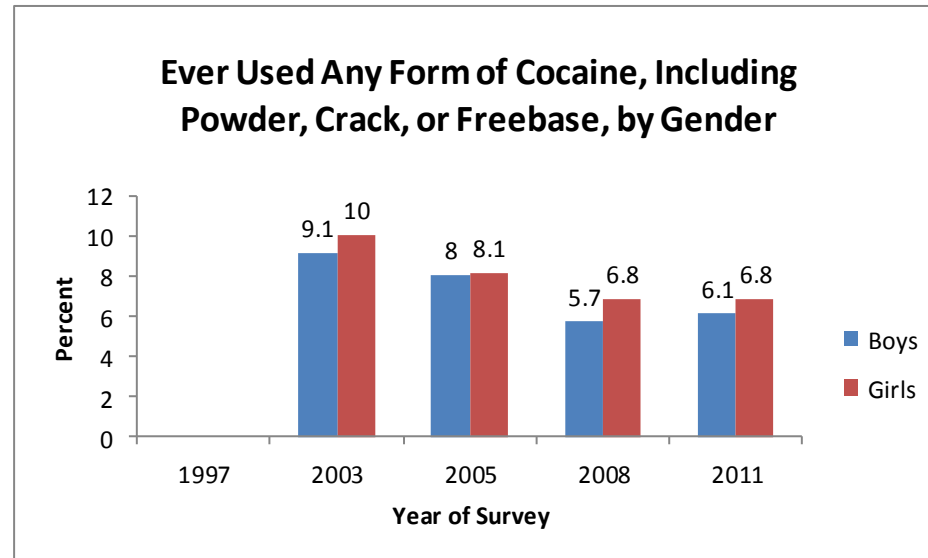
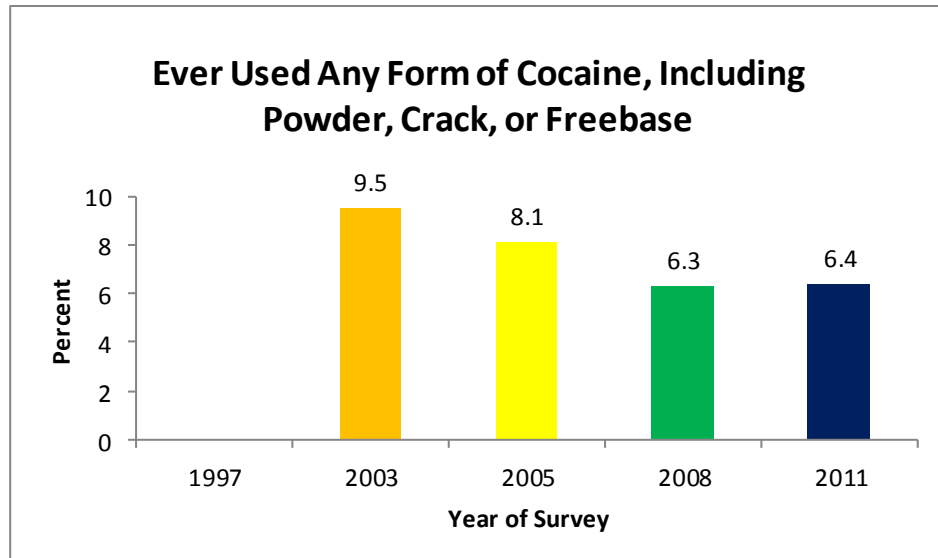
2011 New Mexico Middle School Total: 3.6%

2011 New Mexico Native American/Alaska Native: 4.0%



Percentage of students who used any form of cocaine, including powder, crack, or freebase one or more times during their life

Healthy People 2020 Objective: None



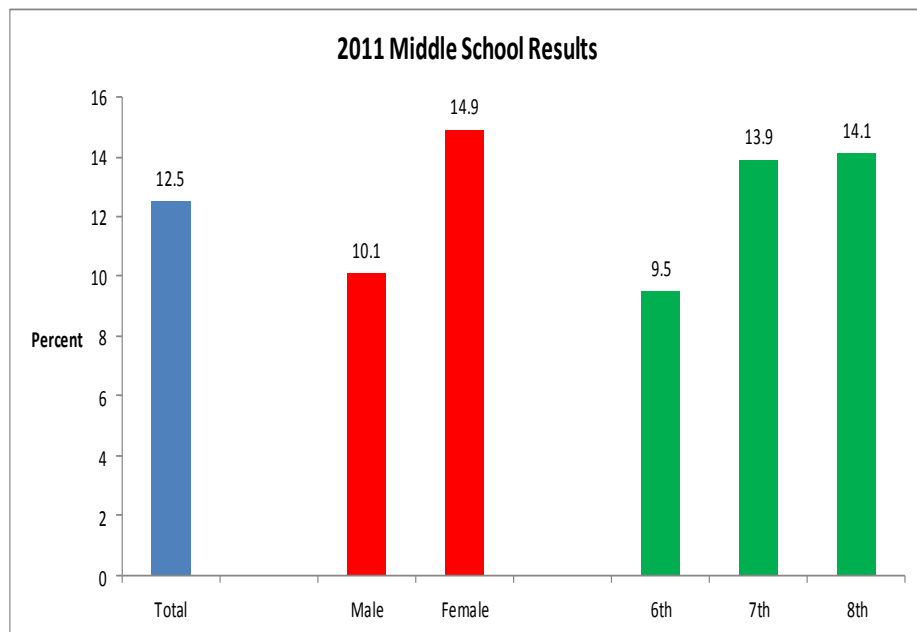
***All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008*

Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during their life

Healthy People 2020 Objective: 3.9%

2011 New Mexico Middle School Total: NA

2011 New Mexico Native American/Alaska Native: NA

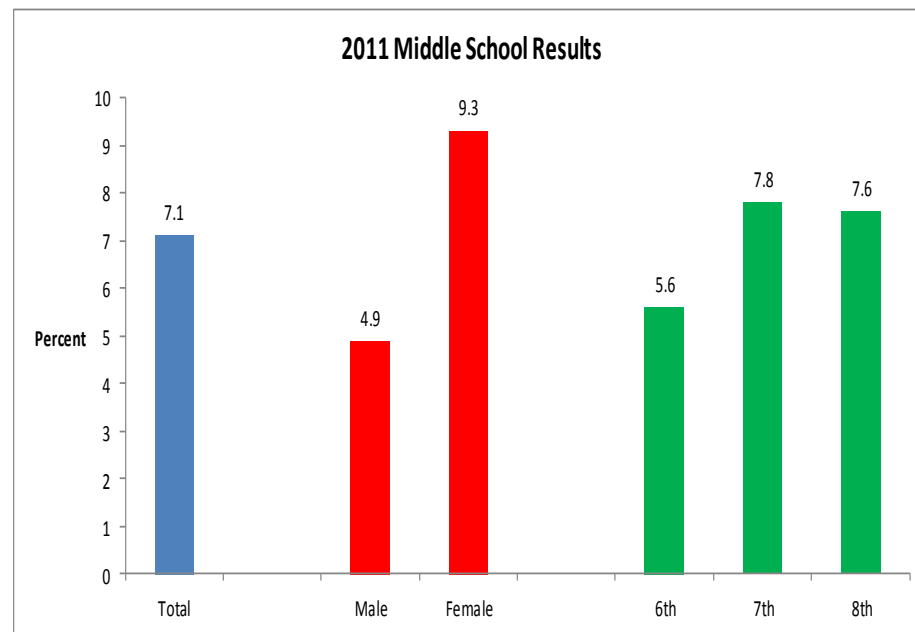


Percentage of students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high one or more times during the past 30 days.

Healthy People 2020 Objective: NA

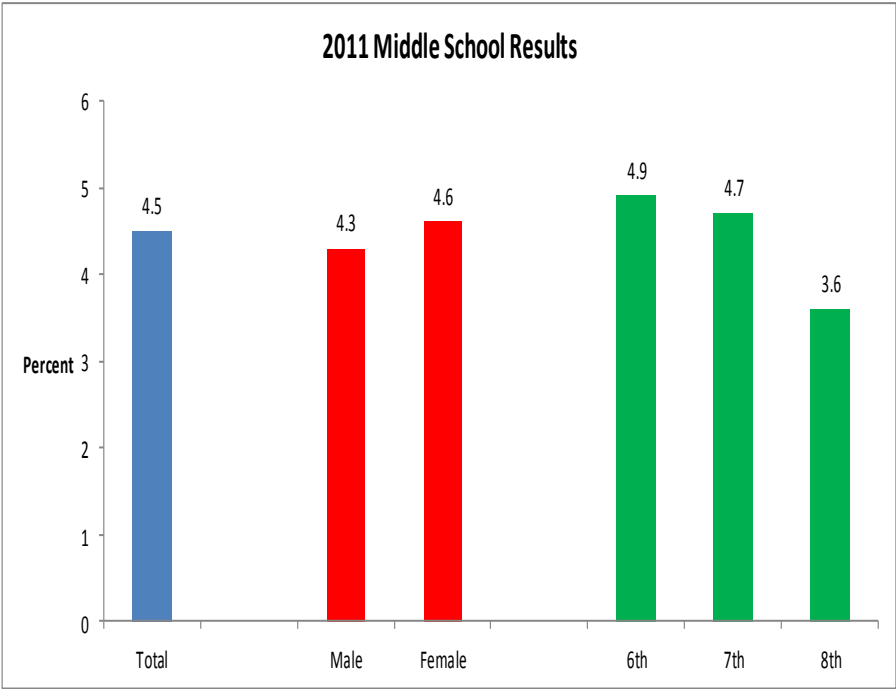
2011 New Mexico Middle School Total: NA

2011 New Mexico Native American/Alaska Native: NA



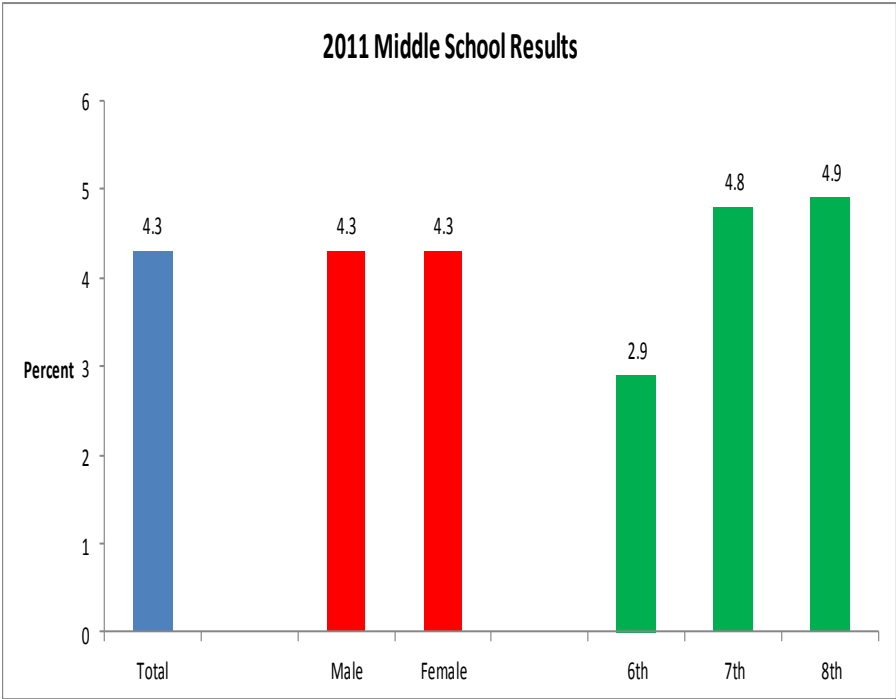
Percentage of Middle School students who sniffed glue, breathed the contents of aerosol spray cans, or inhaled any paints or sprays to get high for the first time before age 11

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



Percentage of students who used methamphetamines one or more times during their life

Healthy People 2020 Objective: None
2011 New Mexico Middle School Total: NA
2011 New Mexico Native American/Alaska Native: NA

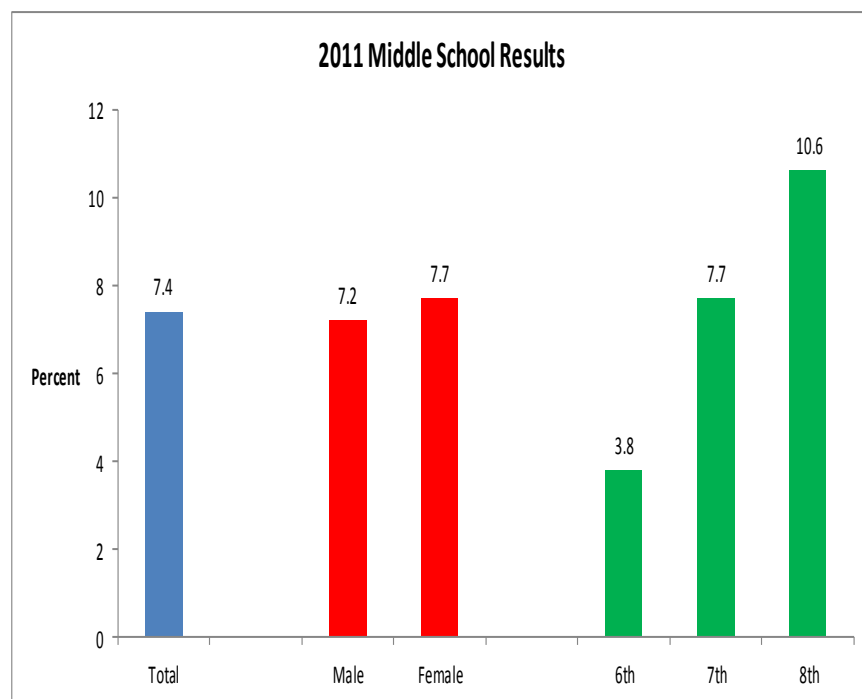


Percentage of High School students who have taken a prescription drug without a doctor's prescription one or more times during their life.

Healthy People 2020 Objective: 5.5% (not adolescent specific)

2011 New Mexico Middle School Total: 8.0%

2011 New Mexico Native American/Alaska Native: 9.1%

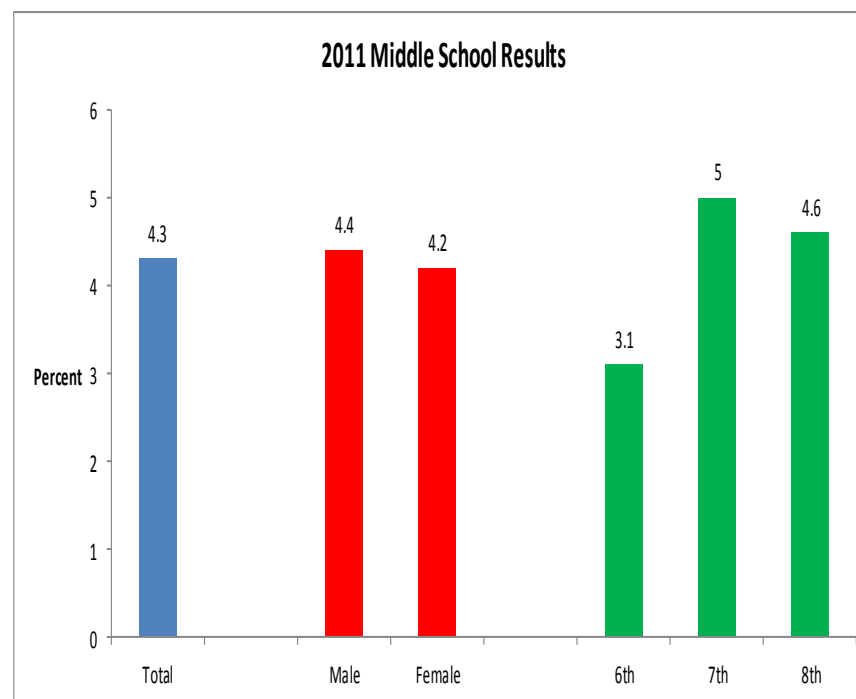


Percentage of students who used a needle to inject any illegal drug into their body one or more times during their life

Healthy People 2020 Objective: None

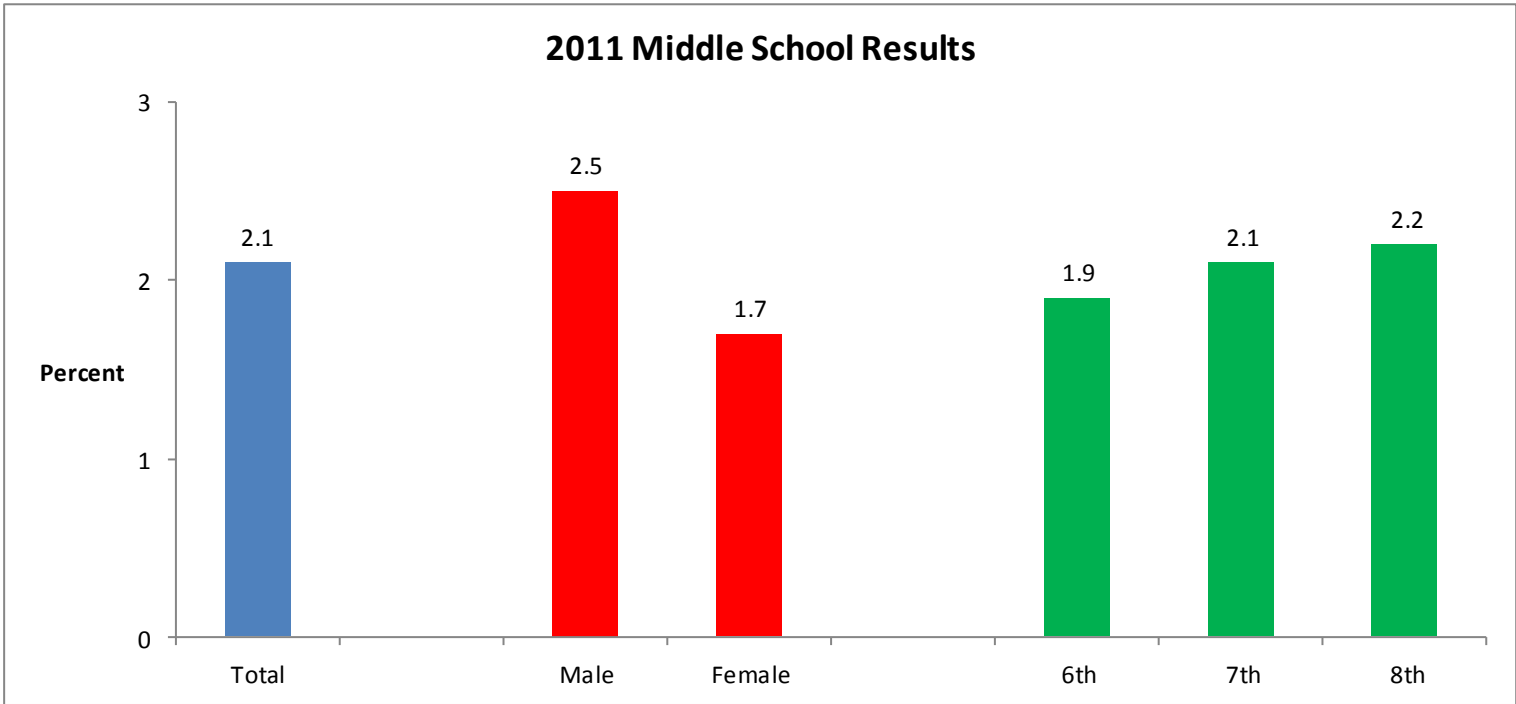
2011 New Mexico Middle School Total: NA

2011 New Mexico Native American/Alaska Native: NA



Percentage of students who were offered, sold, or given an illegal drug by someone on school property during the past 12 months

Healthy People 2020 Objective: 20.4%
2011 New Mexico Middle School Total: NA
2011 New Mexico Native American/Alaska Native: NA





Sexual Behaviors

RATIONALE:

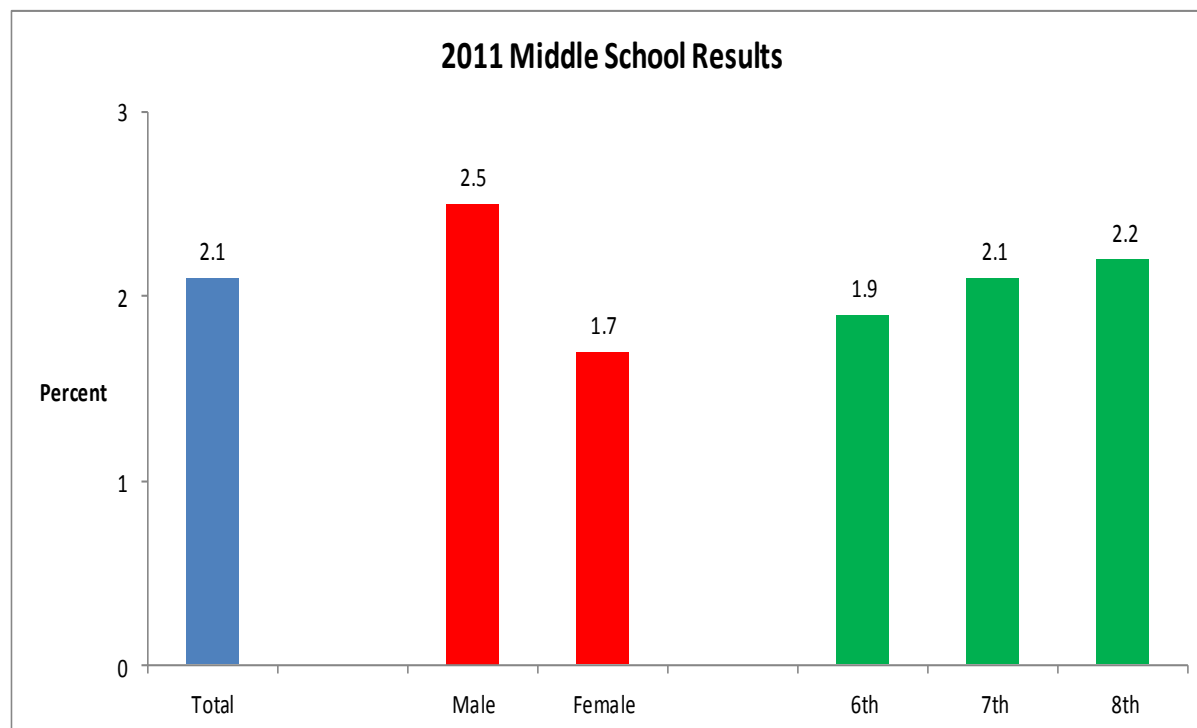
These questions measure the prevalence of sexual activity, number of sexual partners, age at first intercourse, alcohol and other drug use related to sexual activity, condom use, contraceptive use, and whether high school students received HIV prevention education. Early initiation of sexual intercourse is associated with having a greater number of lifetime sexual partners. In addition, adolescents who initiate sexual intercourse early are less likely to use contraception and are at higher risk for pregnancy. Recent estimates suggest that while representing 25% of the ever sexually active population, persons ages 15–24 years acquire nearly half of all new STDs. Gonorrhea rates are highest among females between the ages of 15 and 19 years (636.8 cases per 100,000 females) and males between the ages of 20 and 24 years (433.6 cases per 100,000 males). In 2007, there were an estimated 6,610 cases of HIV/AIDS among persons ages 15–24 years. Among high school students nationwide in 2009, 46% had ever had sexual intercourse, 14% had had sexual intercourse with four or more persons during their life, and 34% had had sexual intercourse with at least one person during the 3 months before the survey. During 1991–2009, significant linear decreases occurred in the percentage of students who ever had sexual intercourse (54%–46%), who had sexual intercourse with four or more persons during their life (19%–14%), and who had had sexual intercourse with at least one person during the 3 months before the survey (37%–34%). In 2009, among the 34% of students who were currently sexually active, 61% reported that either they or their partner had used a condom during last sexual intercourse. The percentage of sexually active students who used a condom during last sexual intercourse increased during 1991–2003 (46%–63%) and then did not change significantly during 2003–2009 (63%–61%). In 2006, 88% of high schools taught HIV prevention education in a required health education course. Among high school students nationwide in 2009, 87.0% of students had ever been taught in school about AIDS or HIV infection. The percentage of students who were taught in school about AIDS or HIV infection increased during 1991–1997 (83.3%–91.5%) and then decreased during 1997–2009 (91.5%–87.0%).

Percentage of Middle School students who had sexual intercourse for the first time before age 11

Healthy People 2020 Objective: None

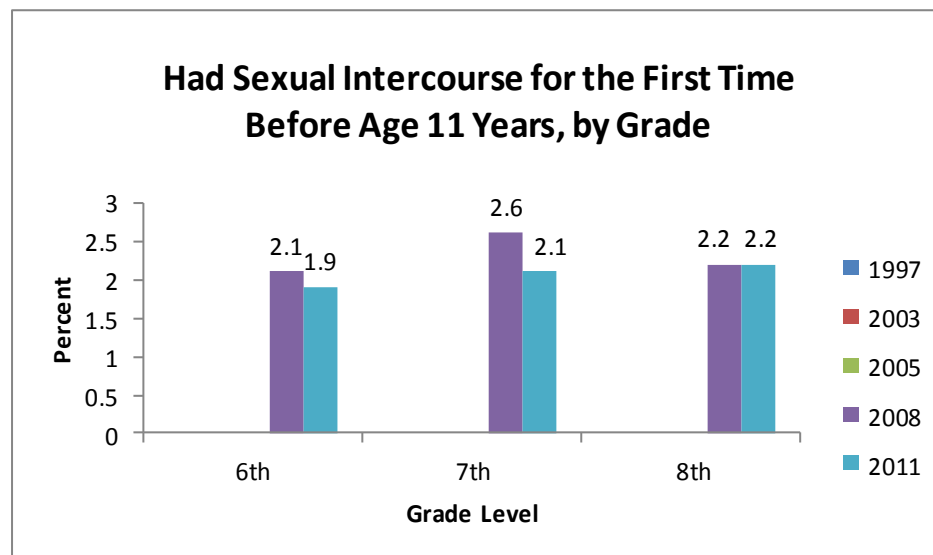
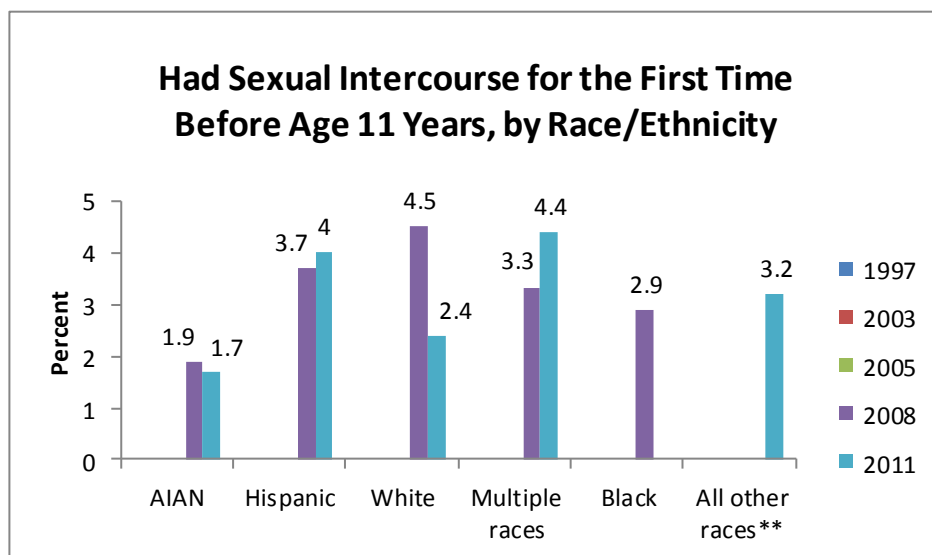
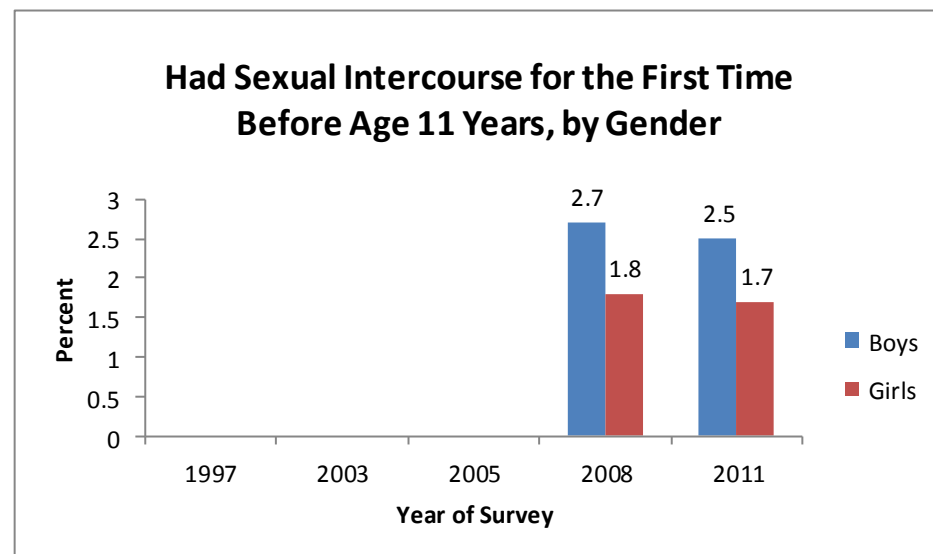
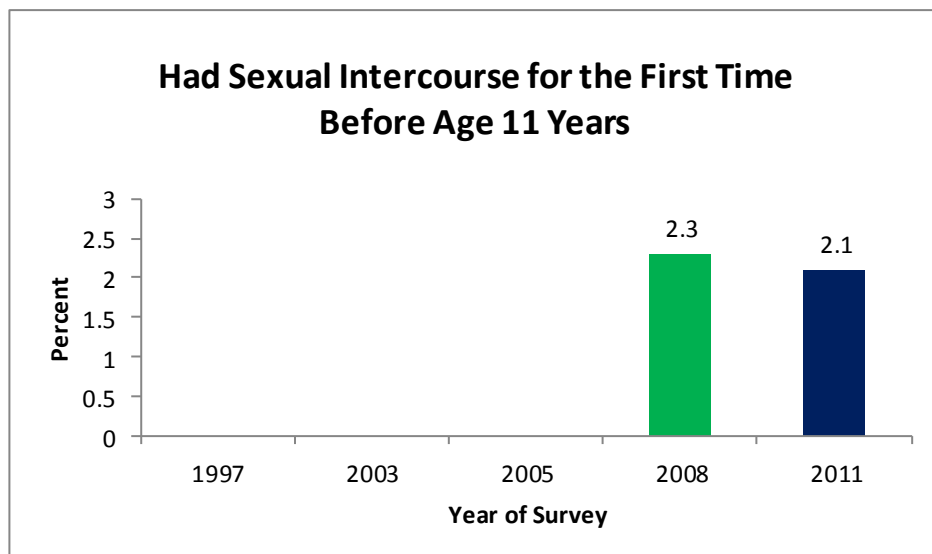
2011 New Mexico Middle School Total: 2.9%

2011 New Mexico Native American/Alaska Native: 1.0%



Percentage of Middle School students who had sexual intercourse for the first time before age 11

Healthy People 2020 Objective: None



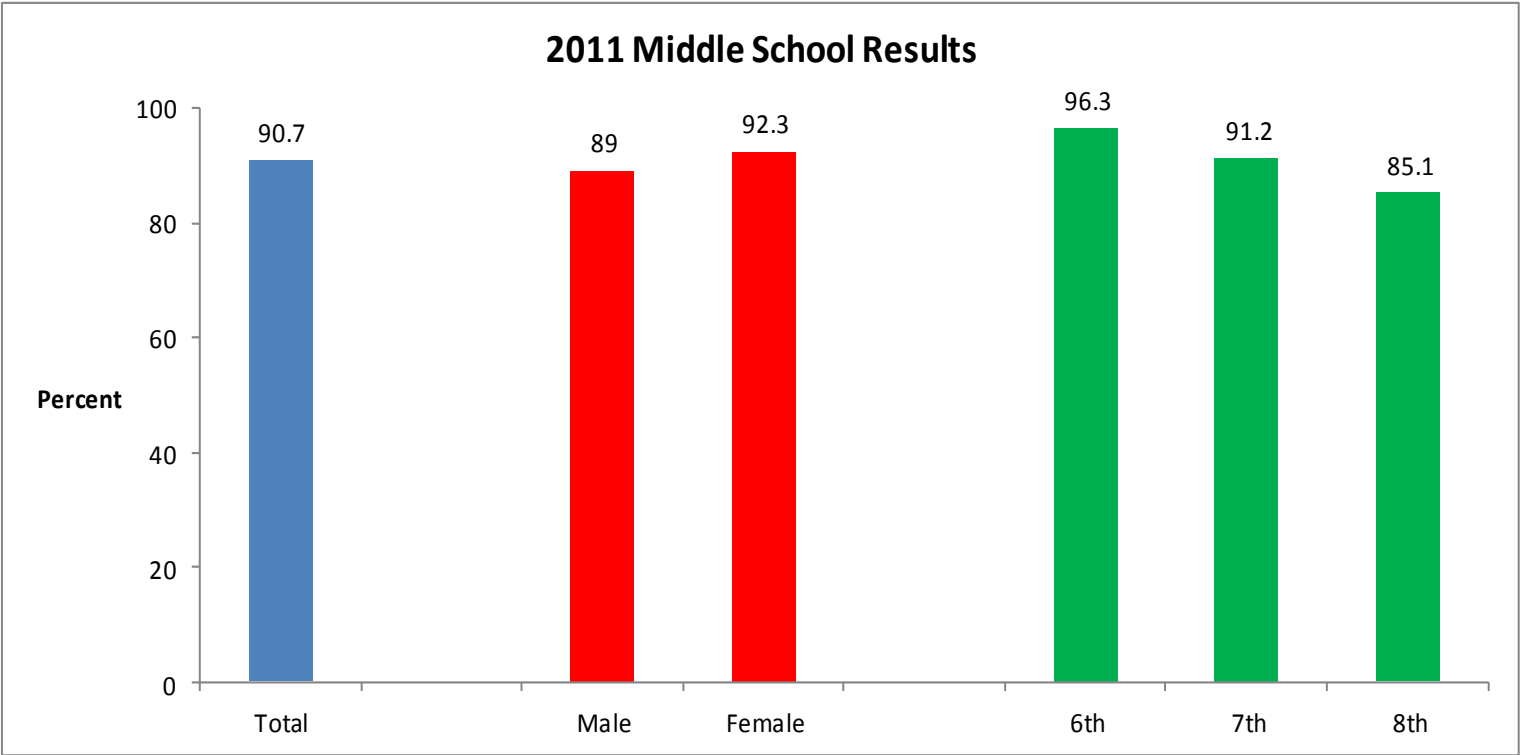
**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

Percentage of Middle School students who never had sexual intercourse

Healthy People 2020 Objective: 78.3% male, 79.3% female

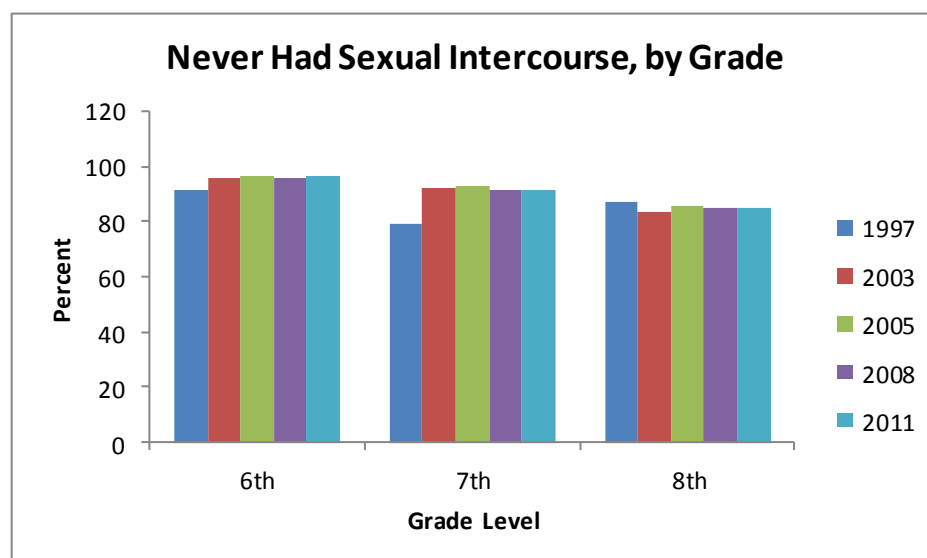
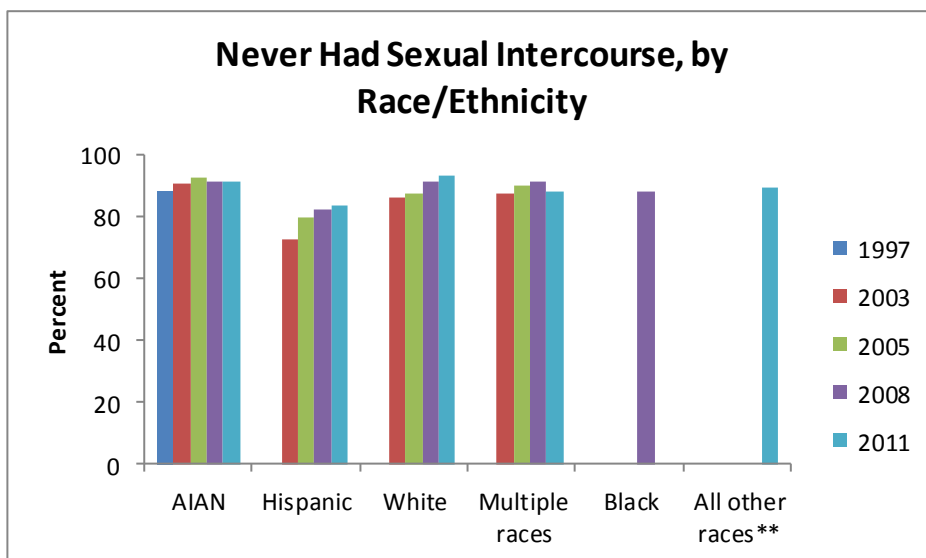
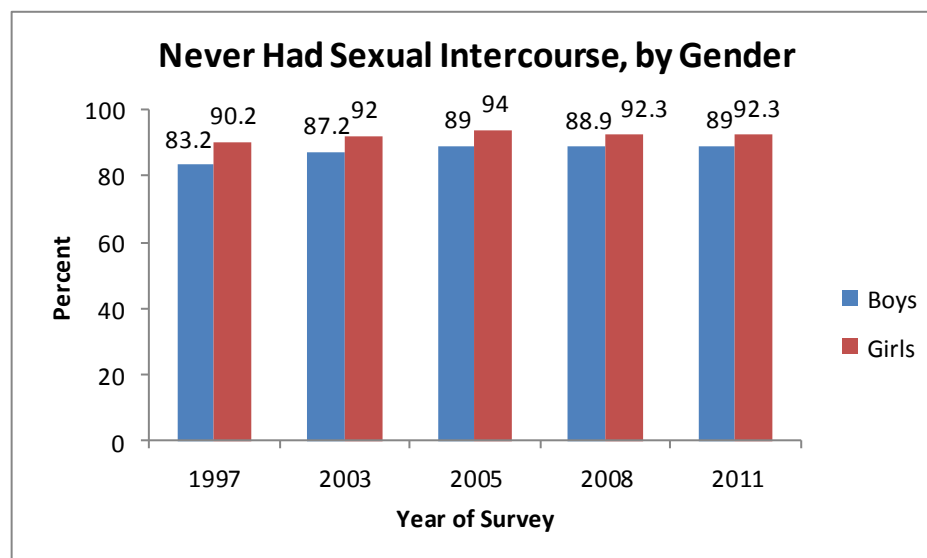
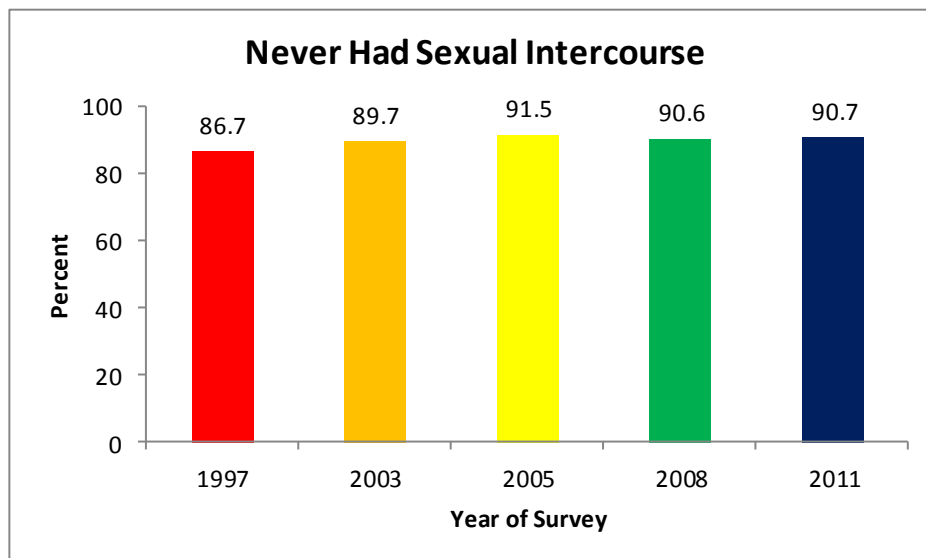
2011 New Mexico Middle School Total: 89.5%

2011 New Mexico Native American/Alaska Native: 95.4%



Percentage of Middle School students who never had sexual intercourse

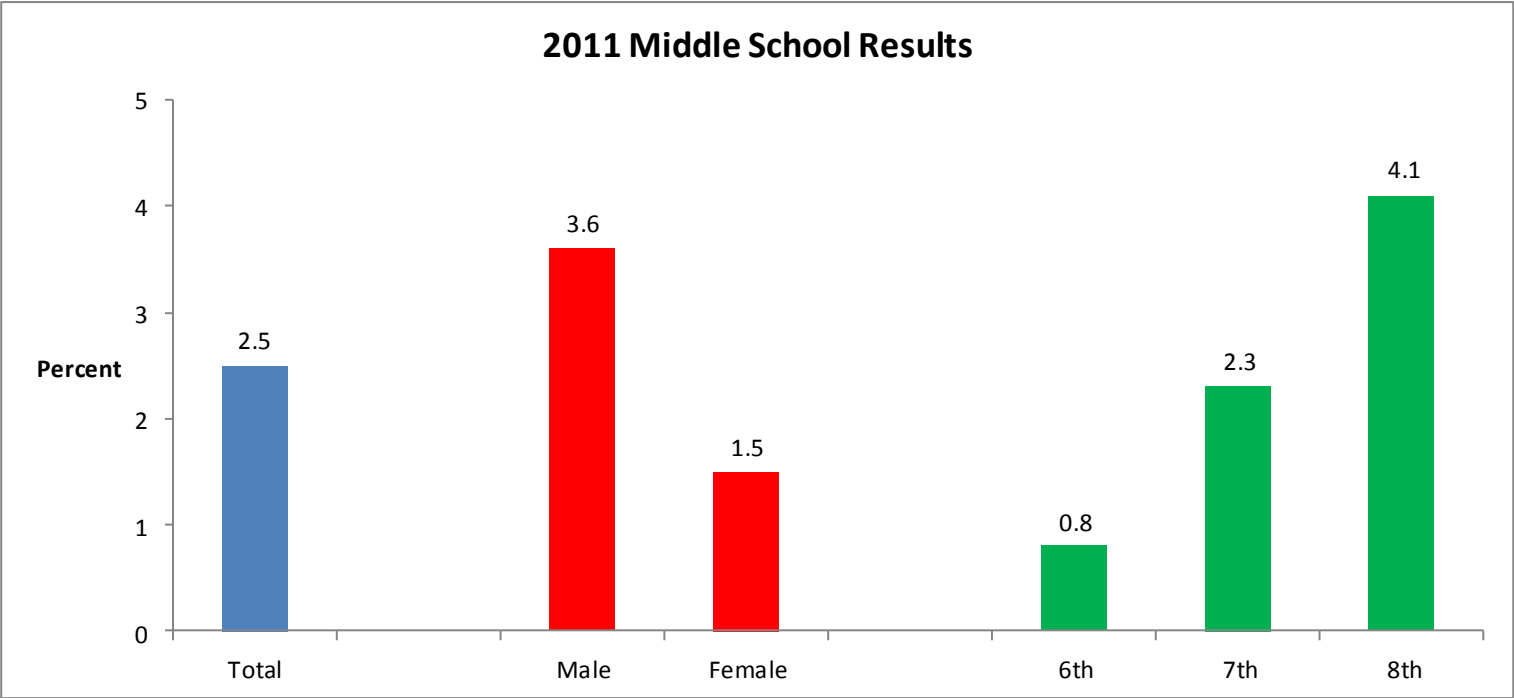
Healthy People 2020 Objective: 78.3% male, 79.3% female



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

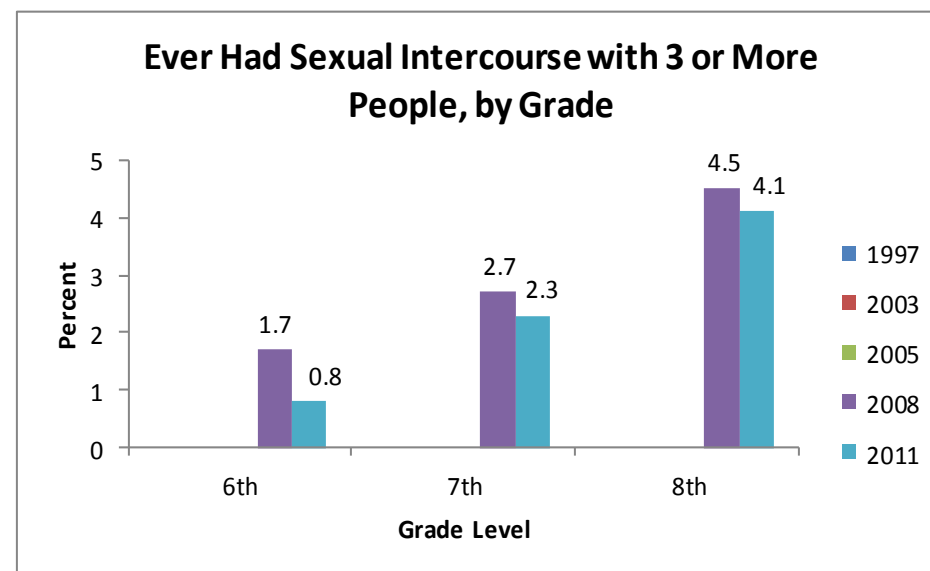
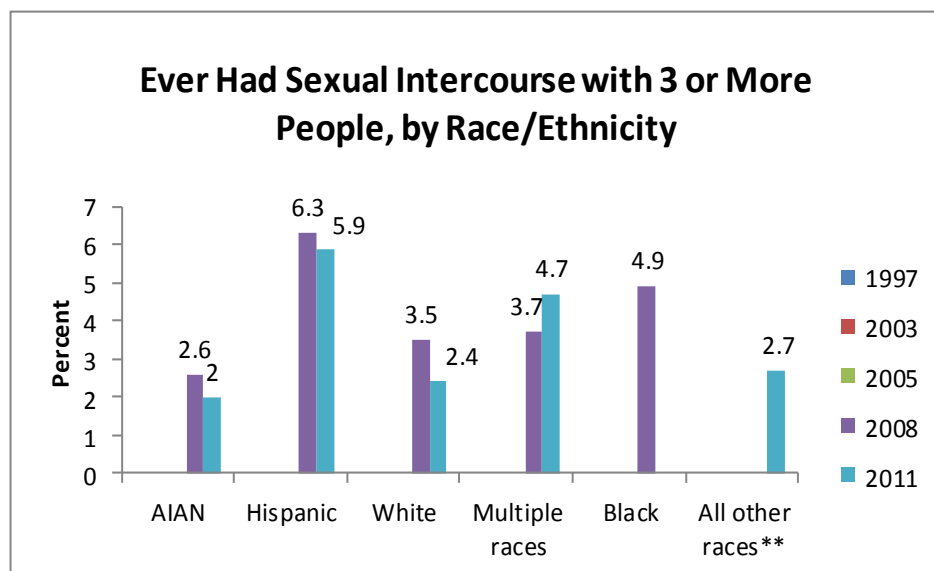
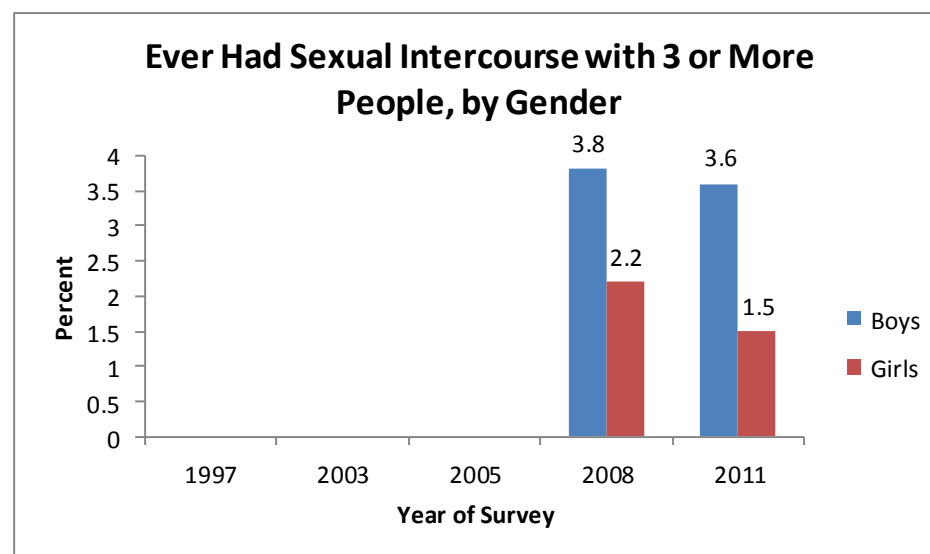
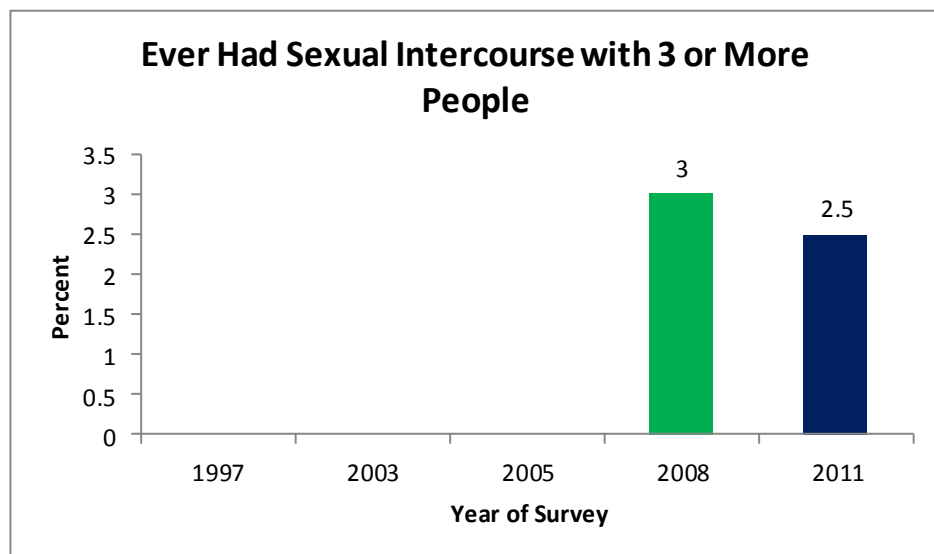
Percentage of Middle School students who had sexual intercourse with 3 or more people during their life

Healthy People 2020 Objective: None
2011 New Mexico Middle School Total: 3.1%
2011 New Mexico Native American/Alaska Native: 1.3%



Percentage of Middle School students who had sexual intercourse with 3 or more people during their life

Healthy People 2020 Objective: None



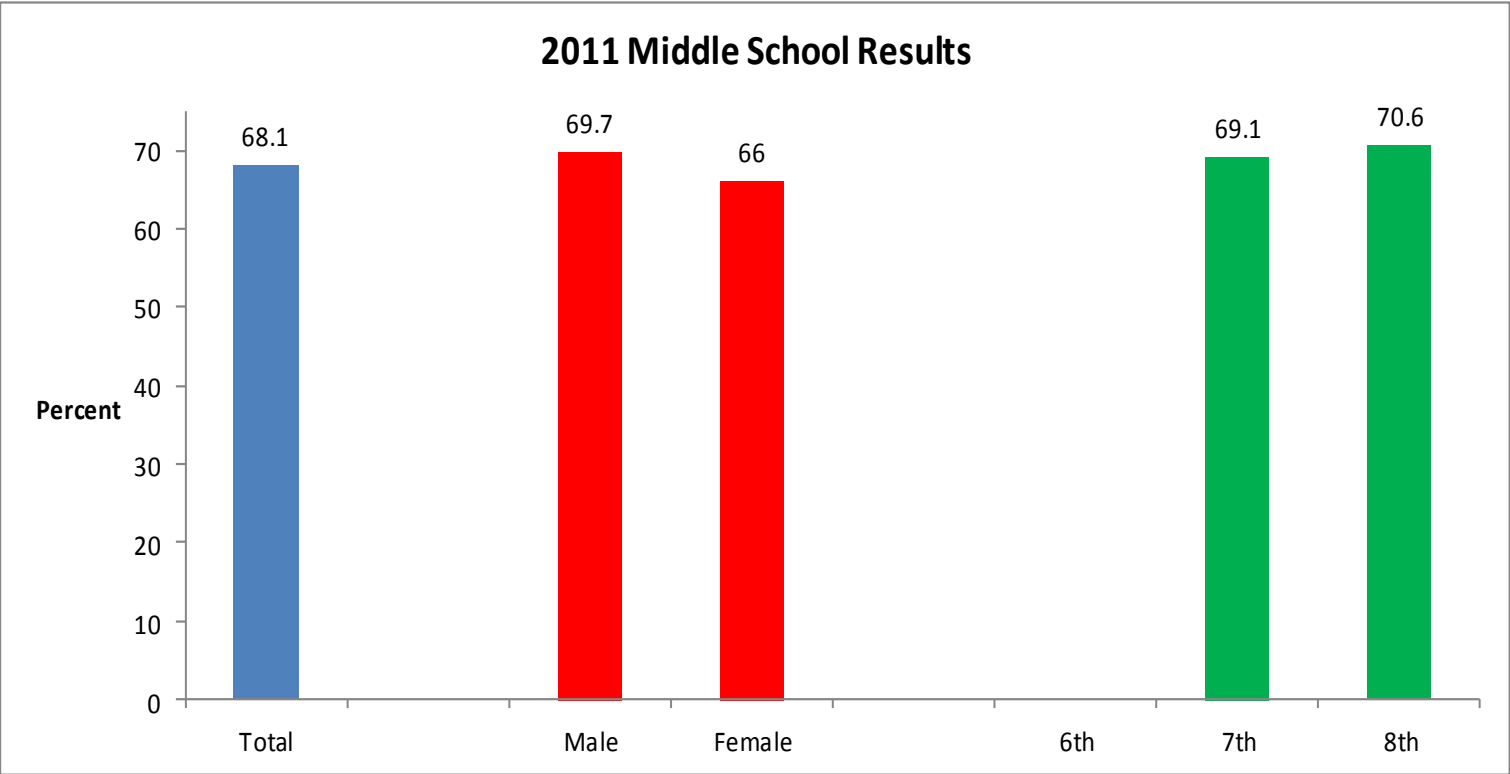
**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

Among students who had sexual intercourse the percentage who used a condom during last sexual encounter

Healthy People 2020 Objective: 85.7% (Male), 58.1% (Female)

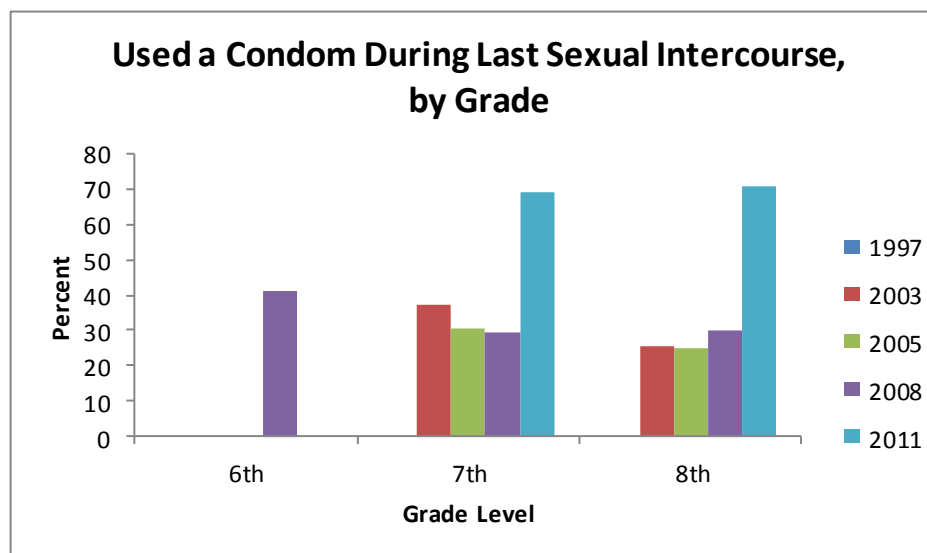
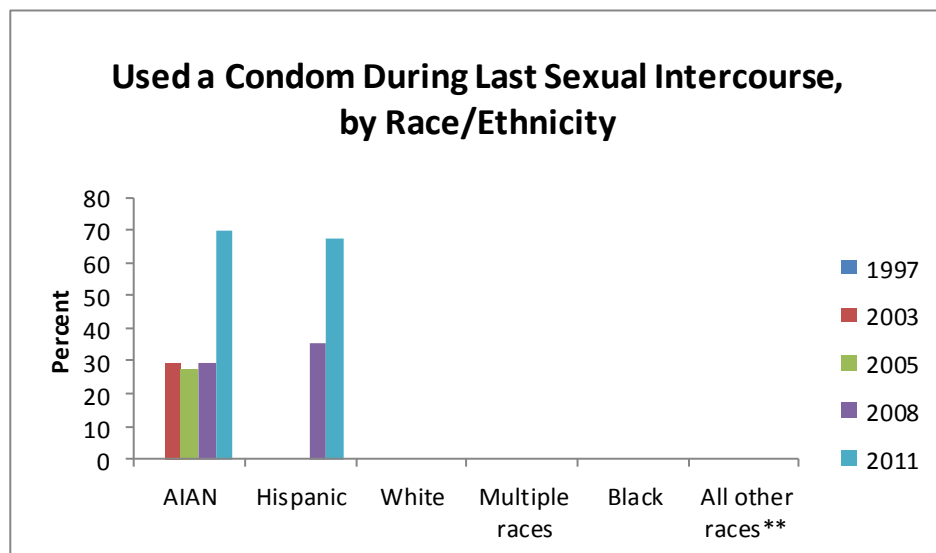
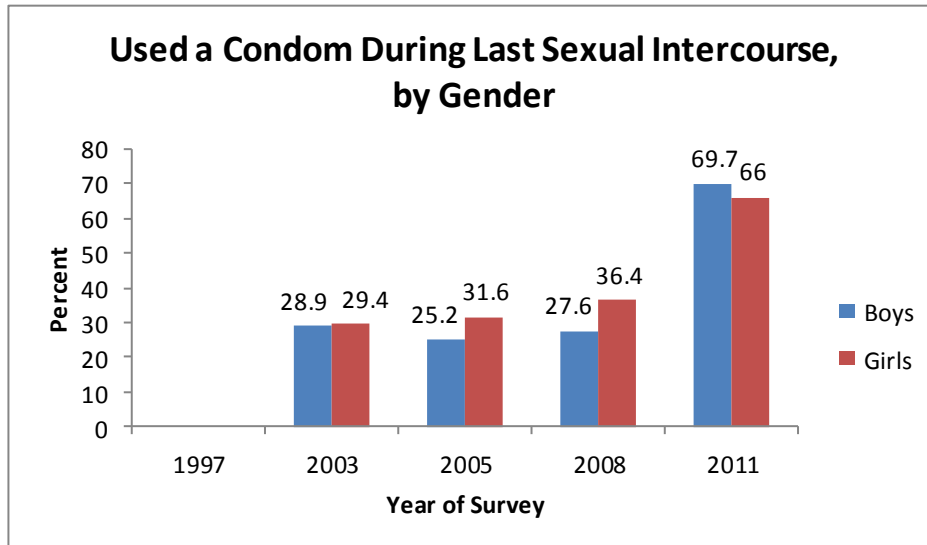
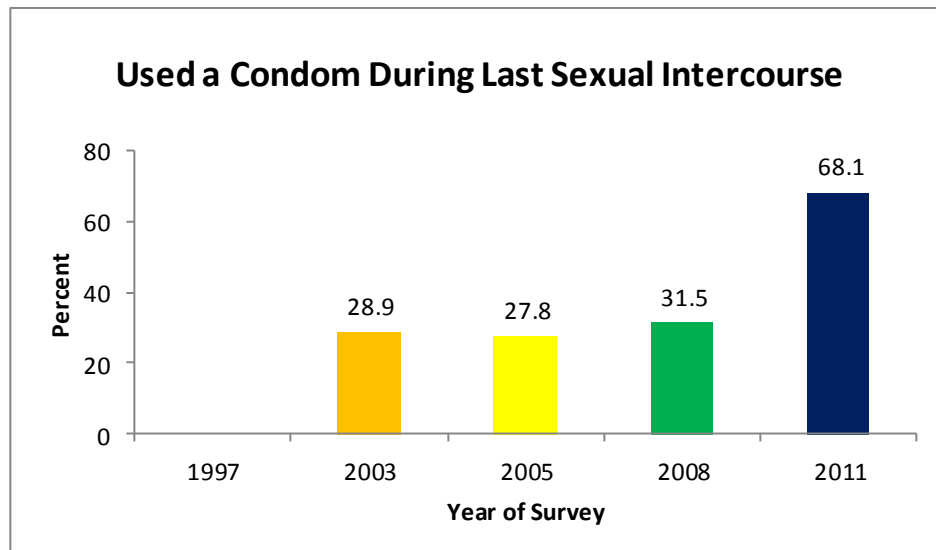
2011 New Mexico Middle School Total: 69.1%

2011 New Mexico Native American Indian/Alaska Native: NA



Among students who had sexual intercourse the percentage who used a condom during last sexual encounter

Healthy People 2020 Objective: 85.7% (Male), 58.1% (Female)



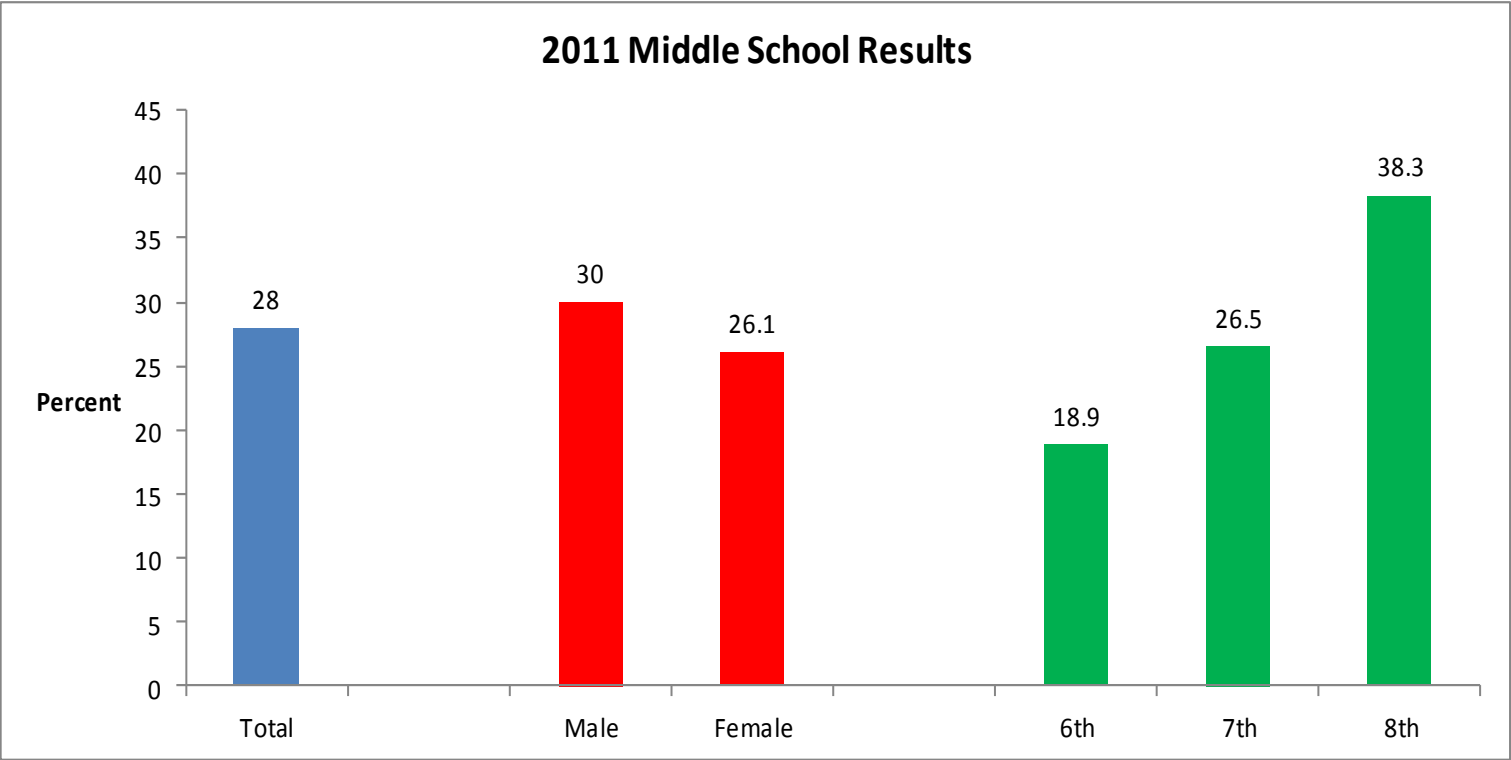
**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

Percentage of students who had ever been taught in school about AIDS or HIV infection

Healthy People 2020 Objective: 97.9% (males), 97.2% (females)

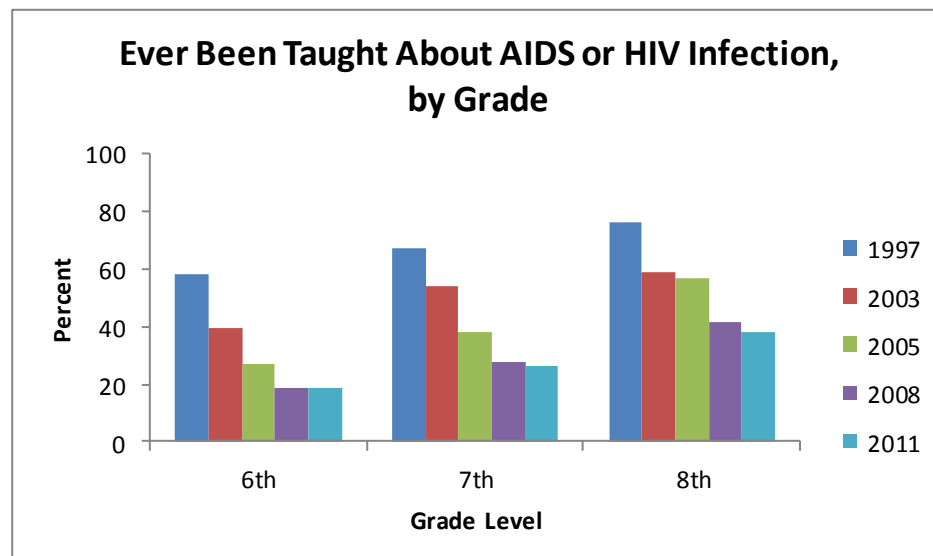
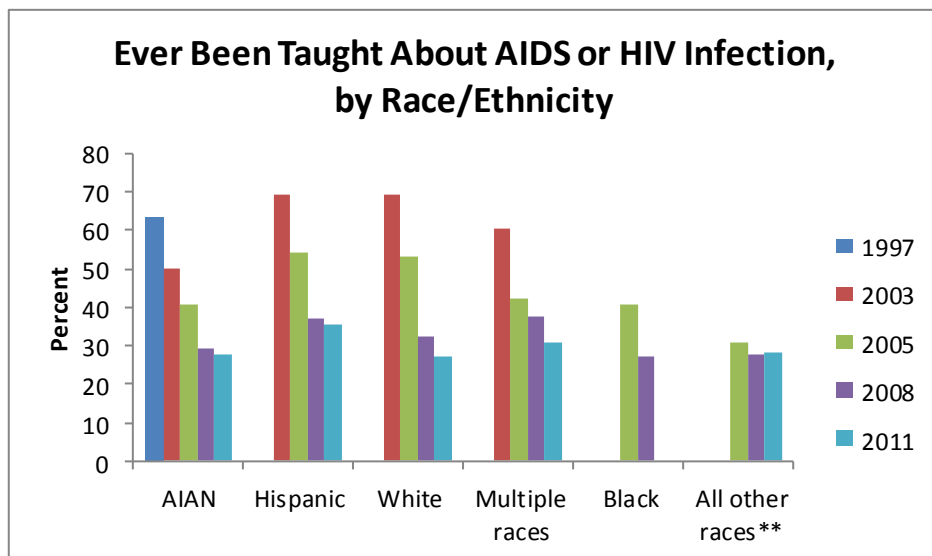
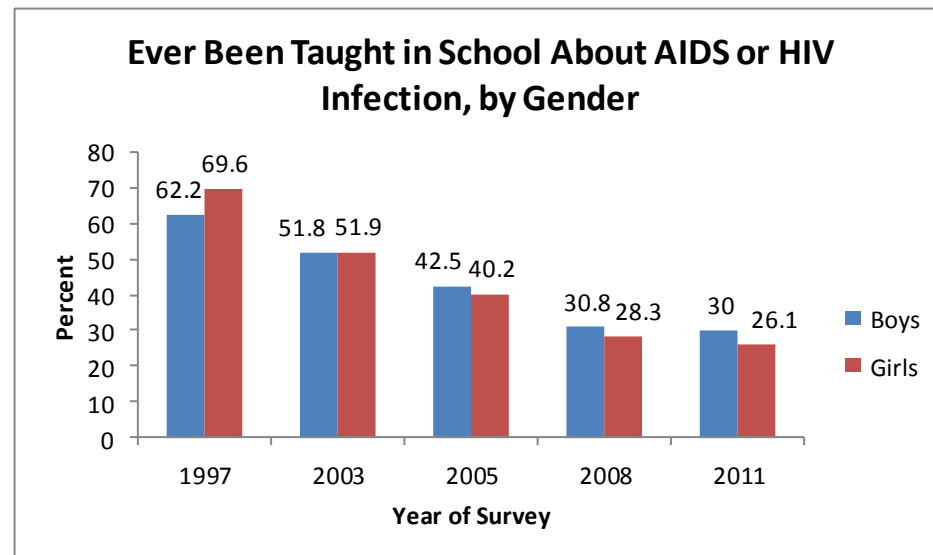
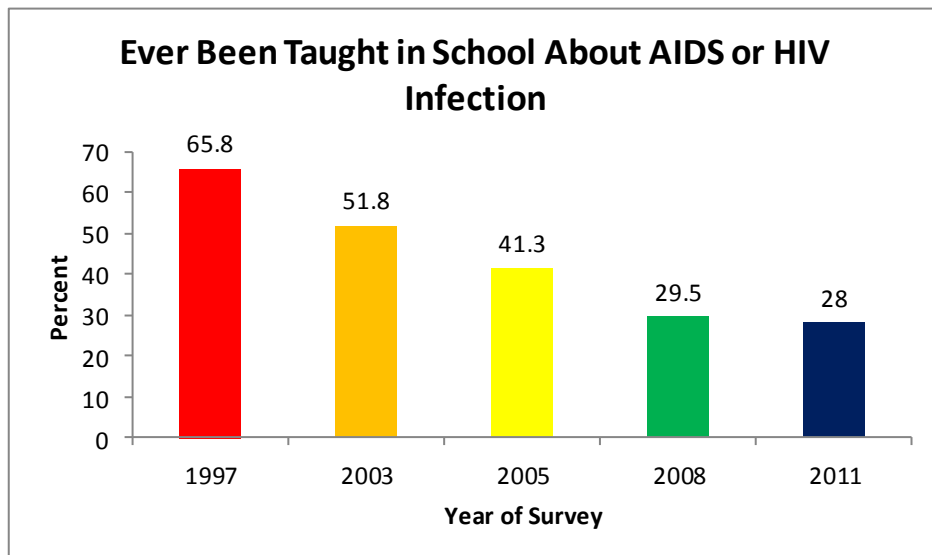
2011 New Mexico Middle School Total: 52.5%

2011 New Mexico Native American/Alaska Native: 45.9%



Percentage of students who had ever been taught in school about AIDS or HIV infection

Healthy People 2020 Objective: 97.9% (males), 97.2% (females)



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008



Dietary Behaviors

RATIONALE:

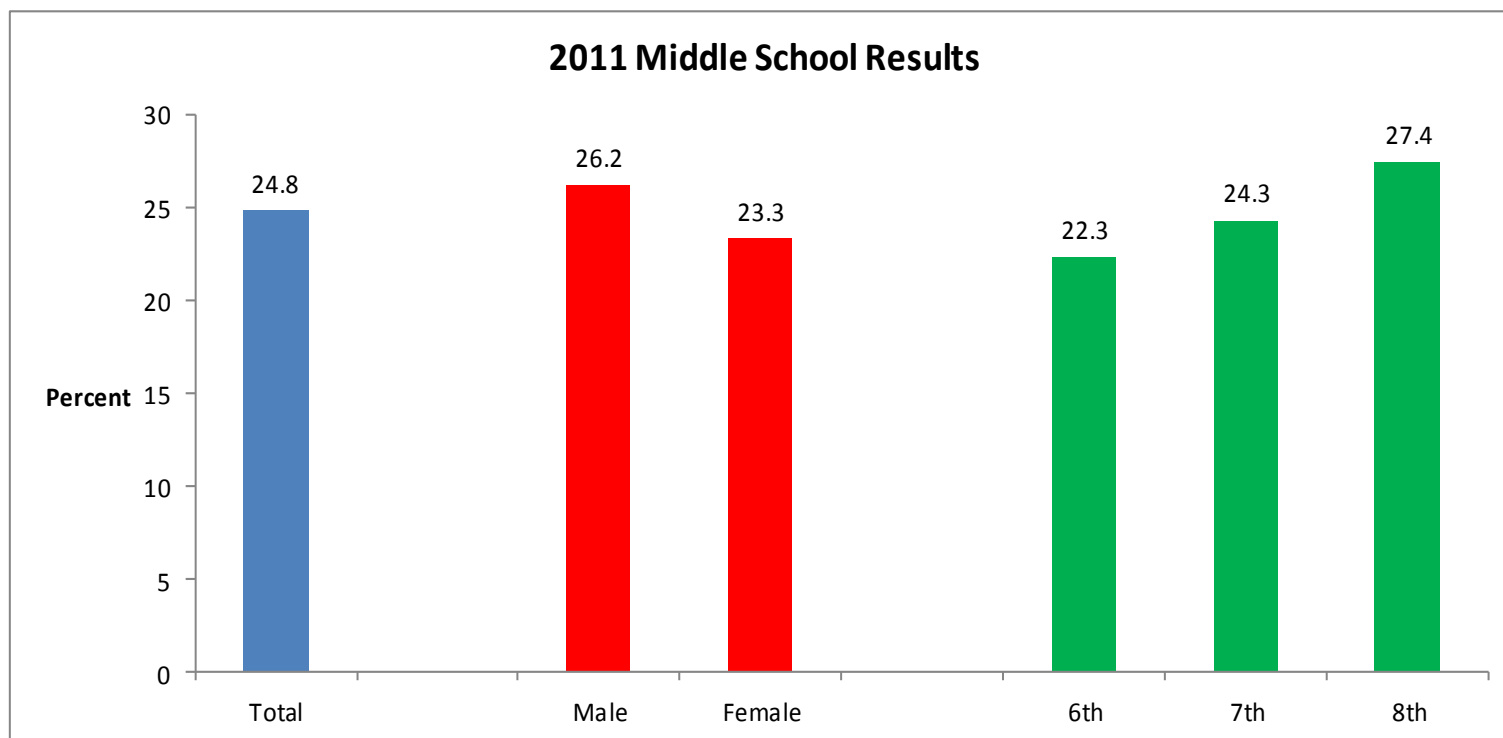
These questions measure self-reported height and weight and perceived body weight. Data on self-reported height and weight is used to calculate body mass index (BMI) and determine the corresponding BMI-for-age percentile for adolescents. BMI-for-age percentile is a proxy measure of weight status, correlates with body fat, and is recommended for assessing weight status in youth ages 2-20. Although BMI calculated from self-reported height and weight underestimate the prevalence of obesity compared to BMI calculated from measured height and weight, self-reported height and weight are useful for tracking BMI trends over time. In addition, obesity prevalence trends from national surveys of adults using self-reported height and weight have been consistent with trend data from national surveys using measured height and weight. It is critical to continue monitoring height and weight because the prevalence of obesity among adolescents has tripled since 1980. Obesity during adolescence is associated with negative psychological and social consequences and health problems such as type 2 diabetes, obstructive sleep apnea, hypertension, dyslipidemia, and metabolic syndrome. Further, obese adolescents are more likely to become obese adults. Nationwide in 2009, based on national YRBS data, 12% of high school students were obese and 16% were overweight. During 1999–2009, significant increases occurred in the percentage of students who were obese (11%–12%) and who were overweight (14%–16%).

Percentage of students who described themselves as slightly or very overweight

Healthy People 2020 Objective: None

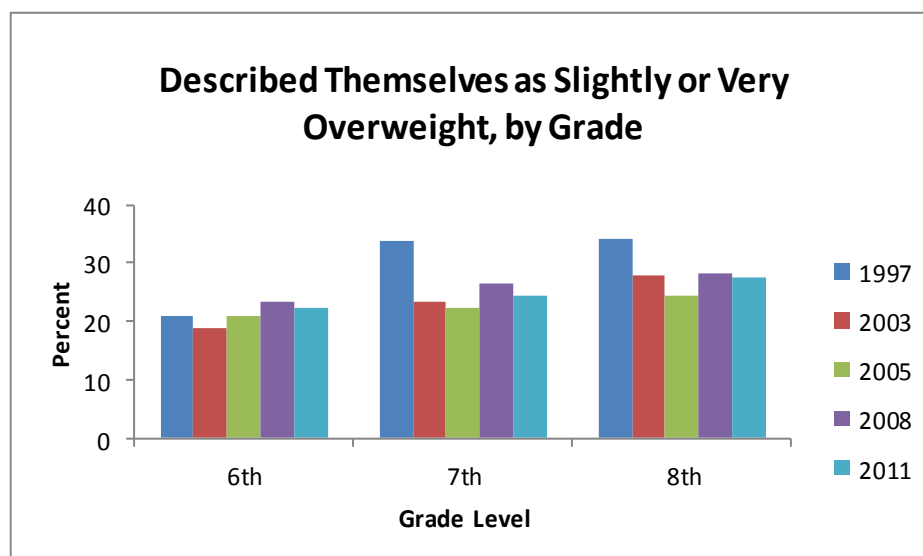
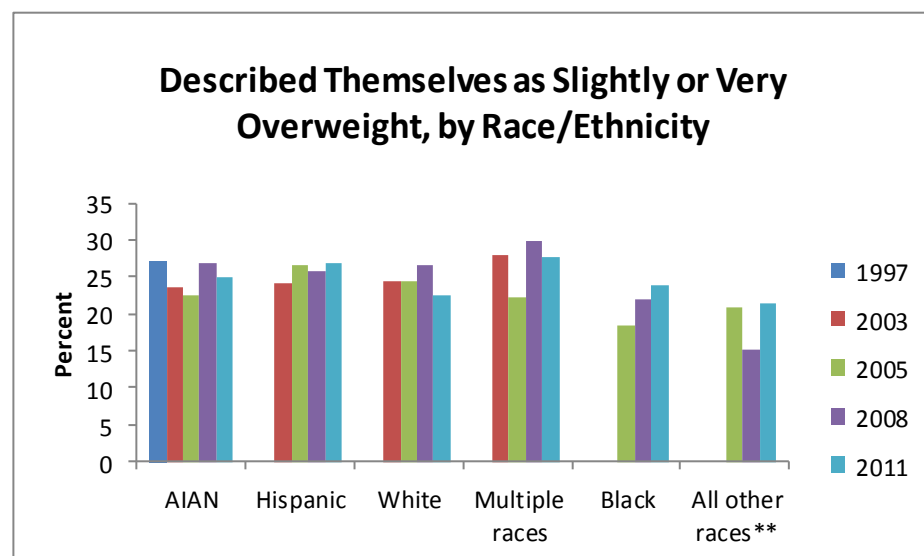
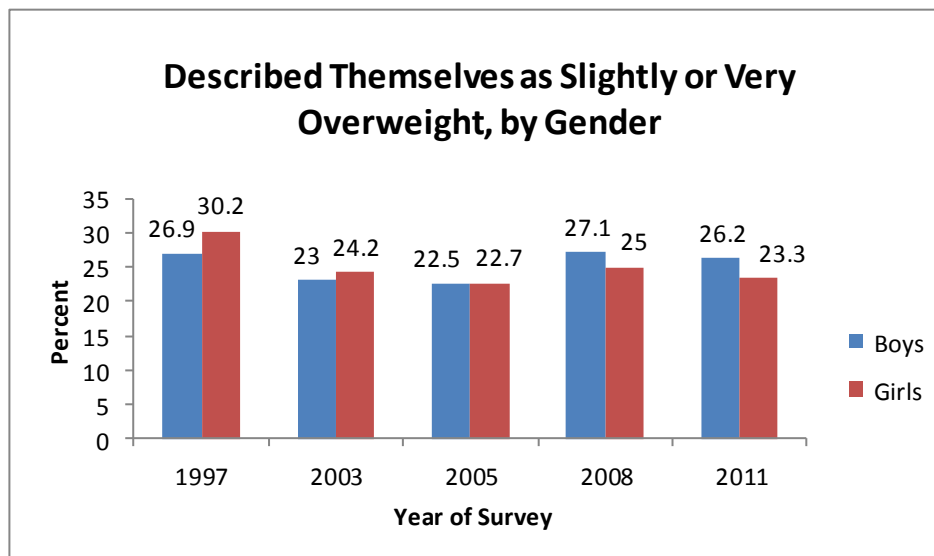
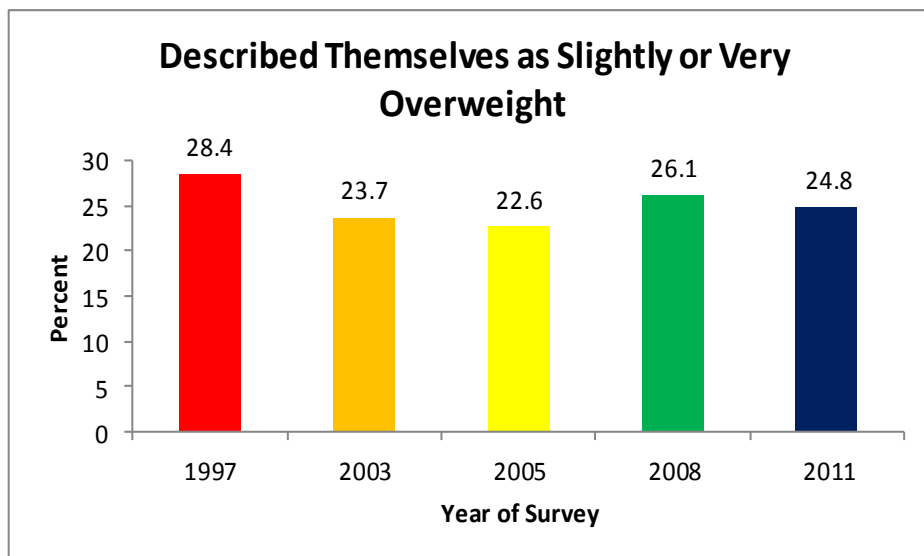
2011 New Mexico Middle School Total: 25.6%

2011 New Mexico Native American/Alaska Native: 29.7%



Percentage of students who described themselves as slightly or very overweight

Healthy People 2020 Objective: None



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

RATIONALE:

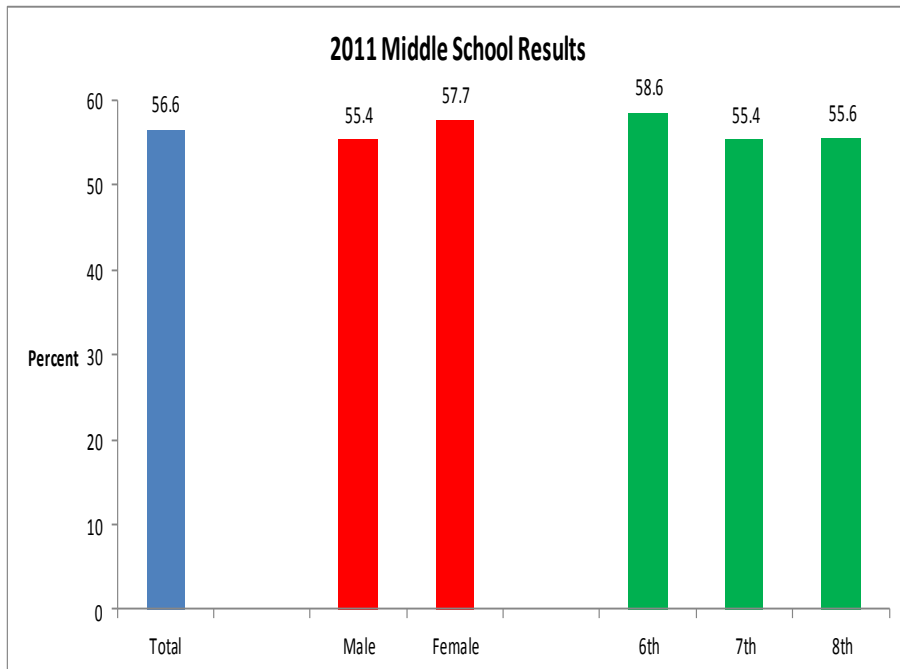
Current recommendations promote healthy eating and physical activity as effective weight control behaviors. Unhealthy weight control behaviors include fasting, taking diet pills or laxatives, or inducing vomiting. Engaging in unhealthy weight control behaviors may result in physical and psychological health problems such as obesity, eating disorders such as anorexia and bulimia, and stunted growth. Disordered eating behaviors are correlated with inadequate nutrient intake, low self-esteem, high levels of depression, suicidal ideation, high levels of stress, and alcohol and drug use. Nationwide in 2009, 44% of high school students were trying to lose weight. In 2009, 11% of high school students did not eat for 24 or more hours to lose weight or to keep from gaining weight, 5% of high school students had taken diet pills, powders, or liquids without a doctor's advice, and 4% had vomited or taken laxatives to lose weight or to keep from gaining weight during the 30 days before the survey. The percentage of students who did not eat for 24 or more hours to lose weight or to keep from gaining weight did not change significantly during 1999–2001 (13%–13%) and then decreased during 2001–2009 (13%–11%). The percentage of students who took diet pills, powders, or liquids to lose weight or to keep from gaining weight increased during 1999–2001 (8%–9%) and then decreased during 2001–2009 (9%–5%). The percentage of students who vomited or took laxatives to lose weight or to keep from gaining weight did not change significantly during 1995–2003 (5%–6%) and then decreased during 2003–2009 (6%–4%).

Percentage of students who were trying to lose weight

Healthy People 2020 Objective: None

2011 New Mexico Middle School Total: NA

2011 New Mexico Native American/Alaska Native: NA

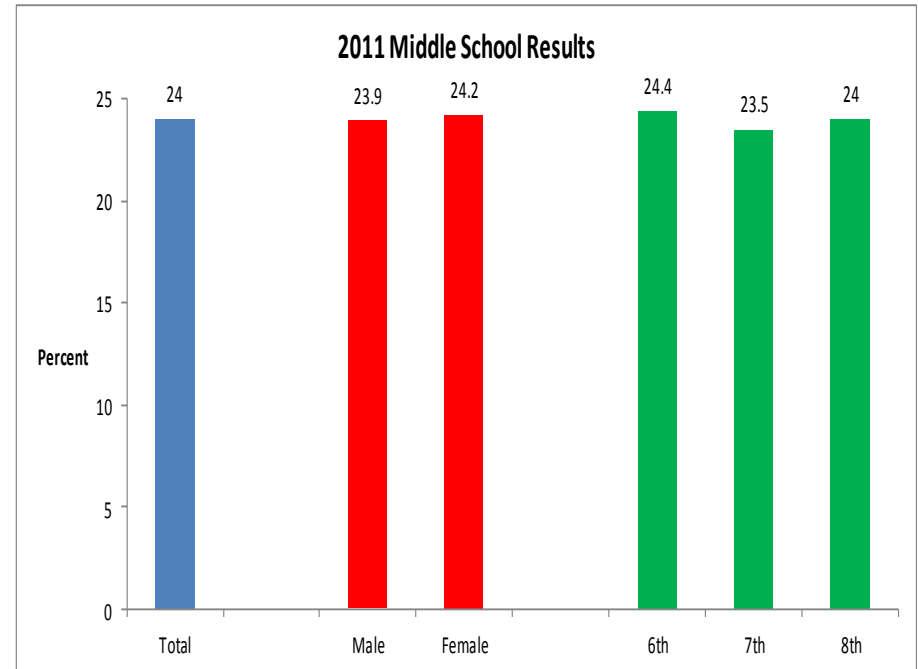


Percentage of Middle School students who have ever gone without eating 24 hours or more to lose weight or to keep from gaining weight

Healthy People 2020 Objective: None

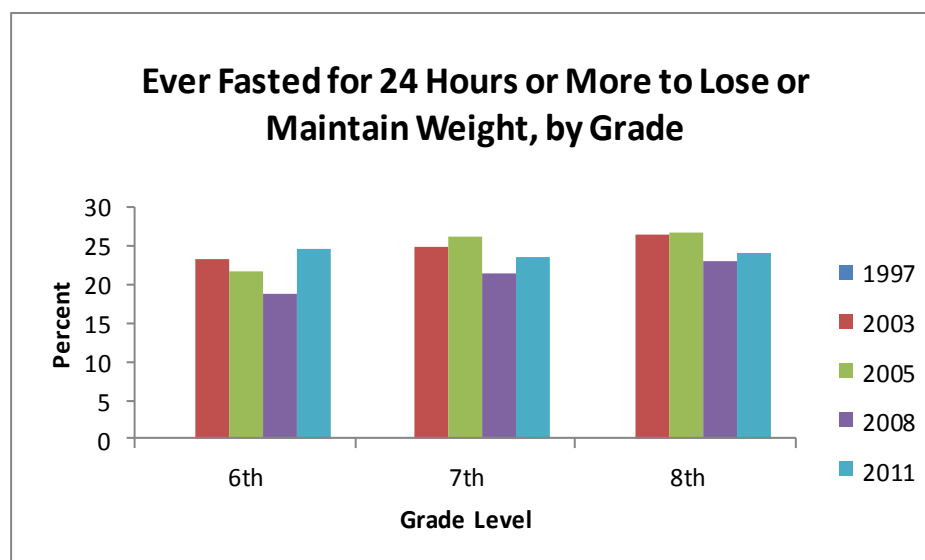
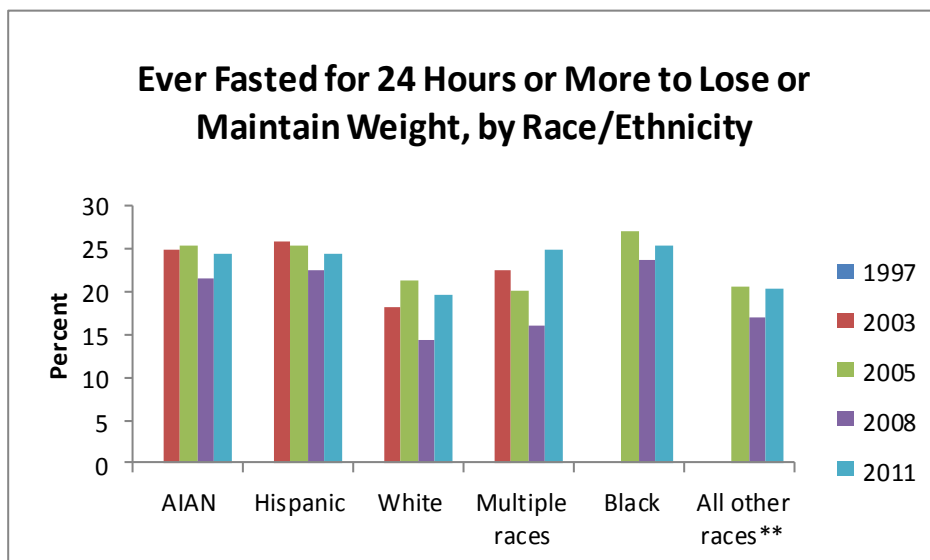
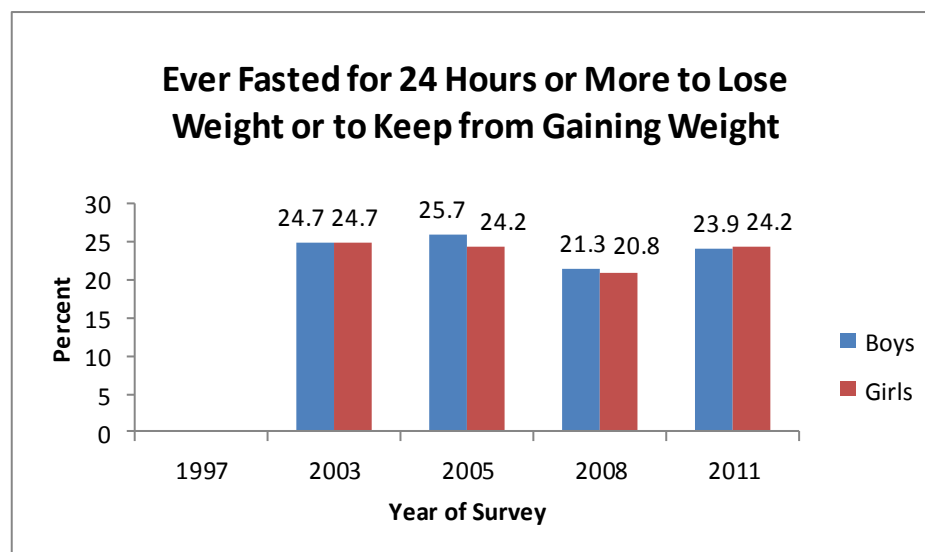
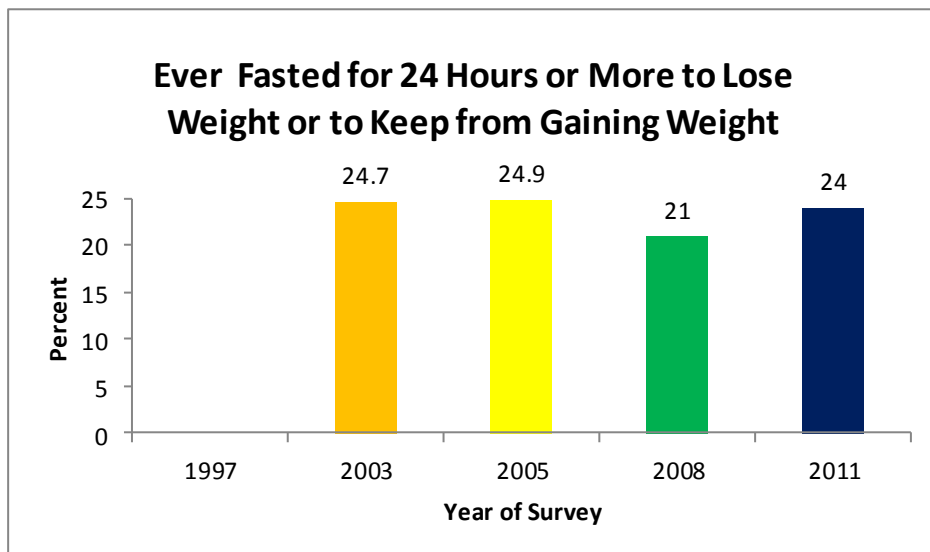
2011 New Mexico Middle School Total: 20.3%

2011 New Mexico Native American/Alaska Native: 25.8%



Percentage of Middle School students who have ever gone without eating 24 hours or more to lose weight or to keep from gaining weight

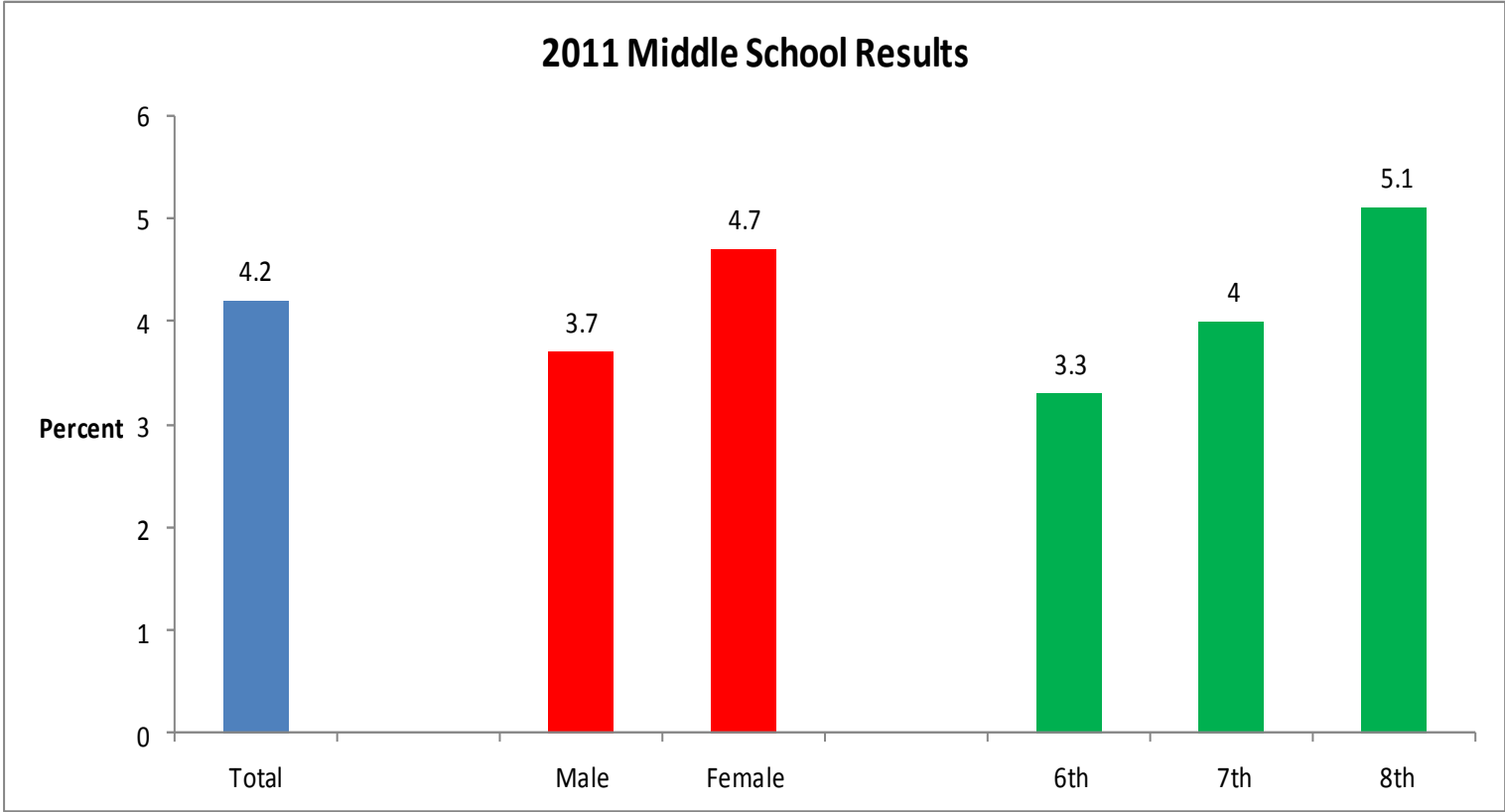
Healthy People 2020 Objective: None



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

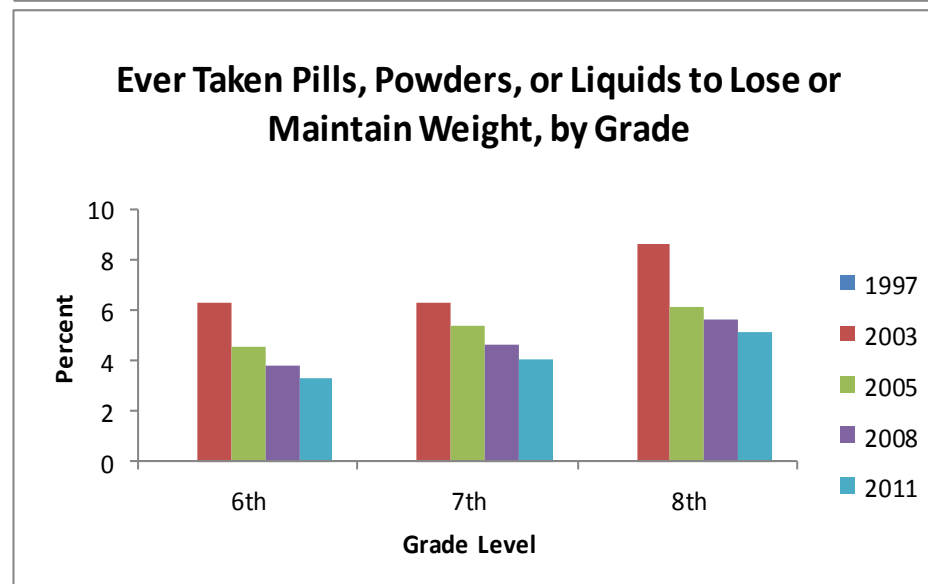
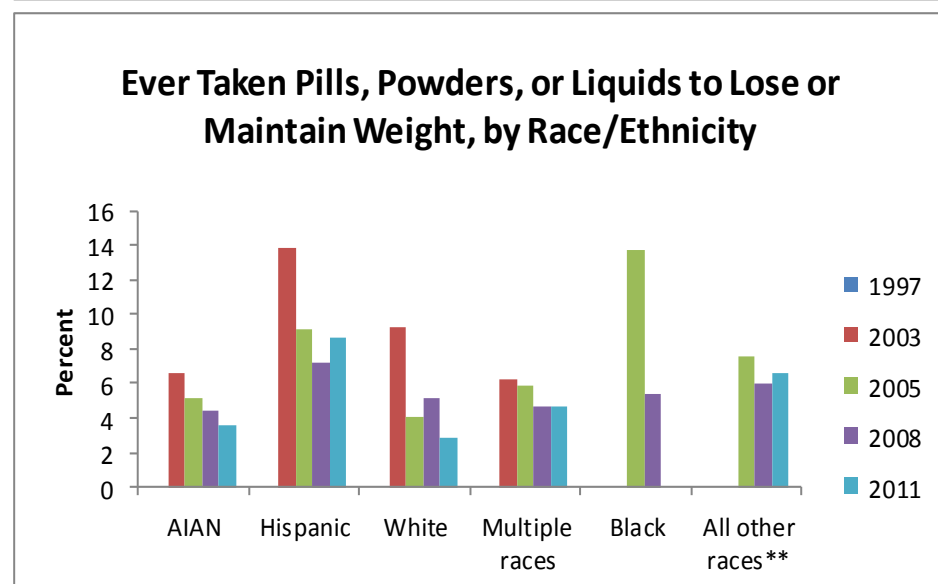
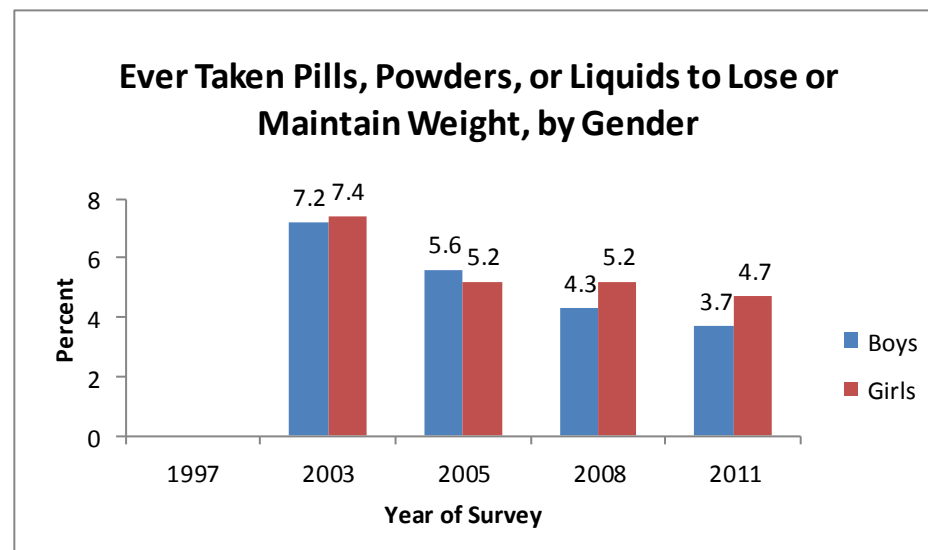
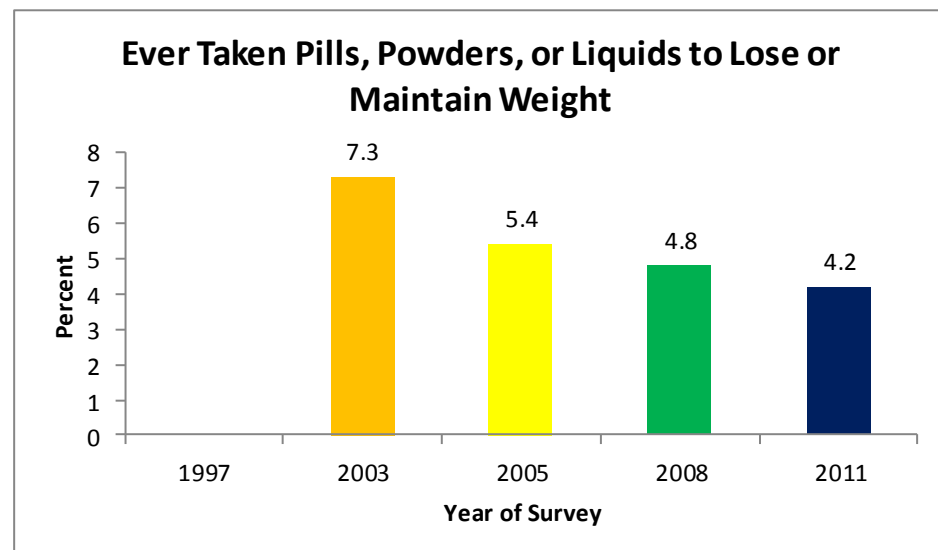
Percentage of students who took any diet pills, powders, or liquids without a doctor’s advice to lose weight or to keep from gaining weight during the past 30 days

Healthy People 2020 Objective: None
2011 New Mexico Middle School Total: NA
2011 New Mexico Native American/Alaska Native: NA



Percentage of students who took any diet pills, powders, or liquids without a doctor's advice to lose weight or to keep from gaining weight during the past 30 days

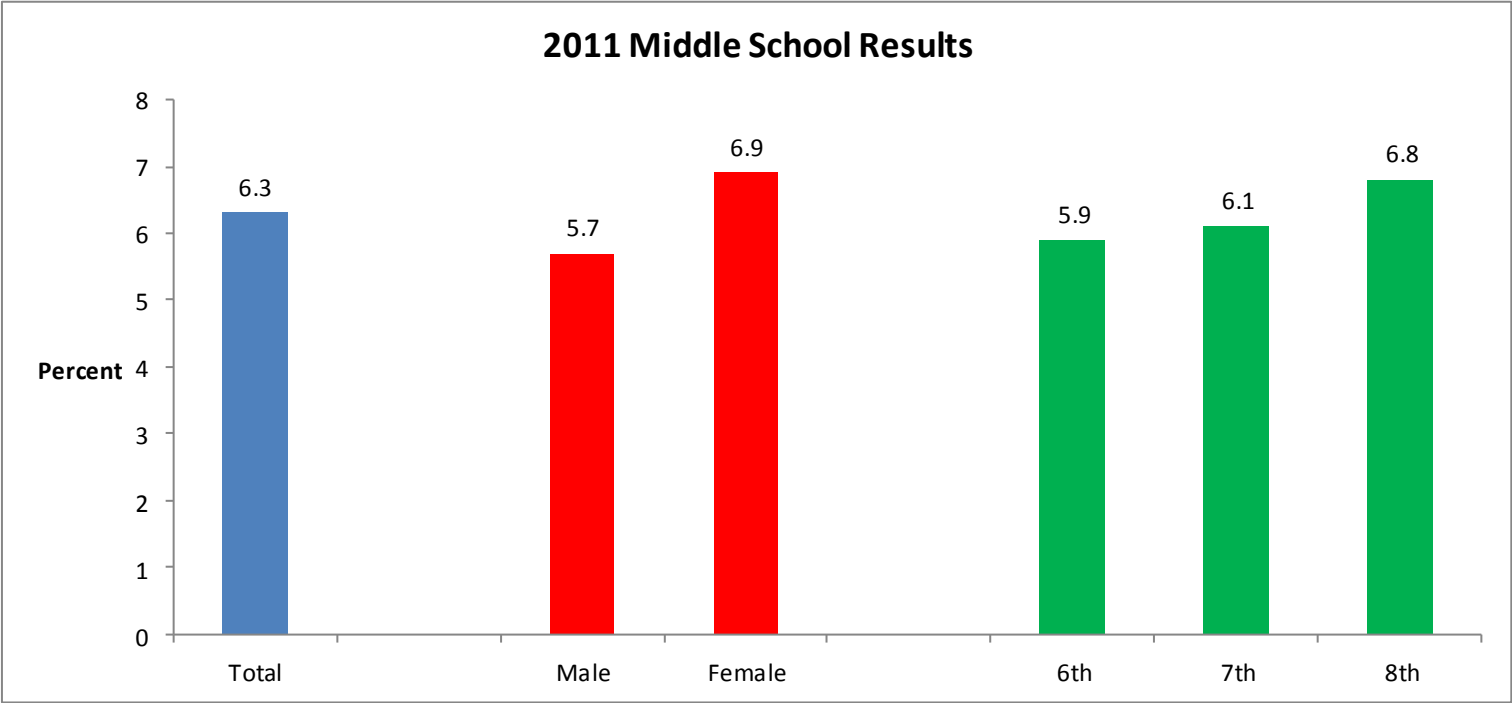
Healthy People 2020 Objective: None



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

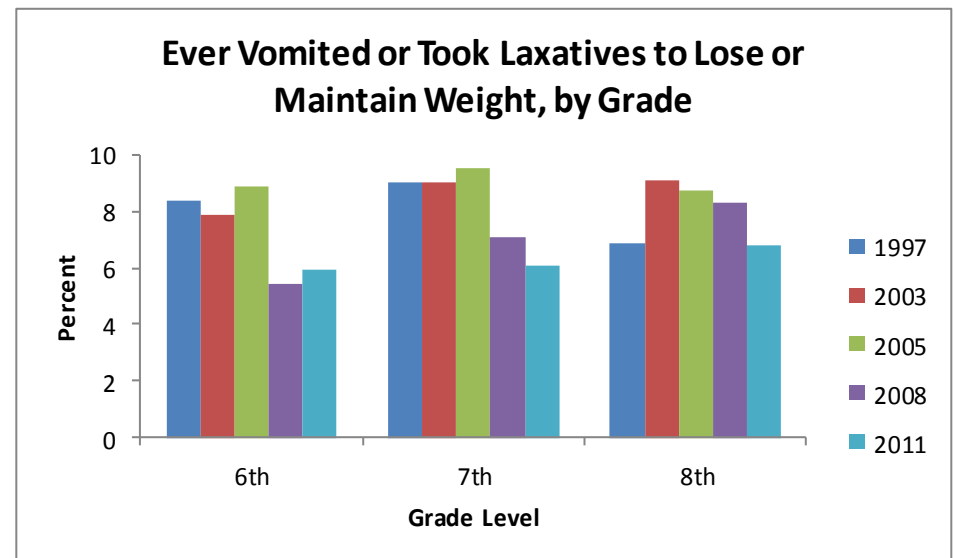
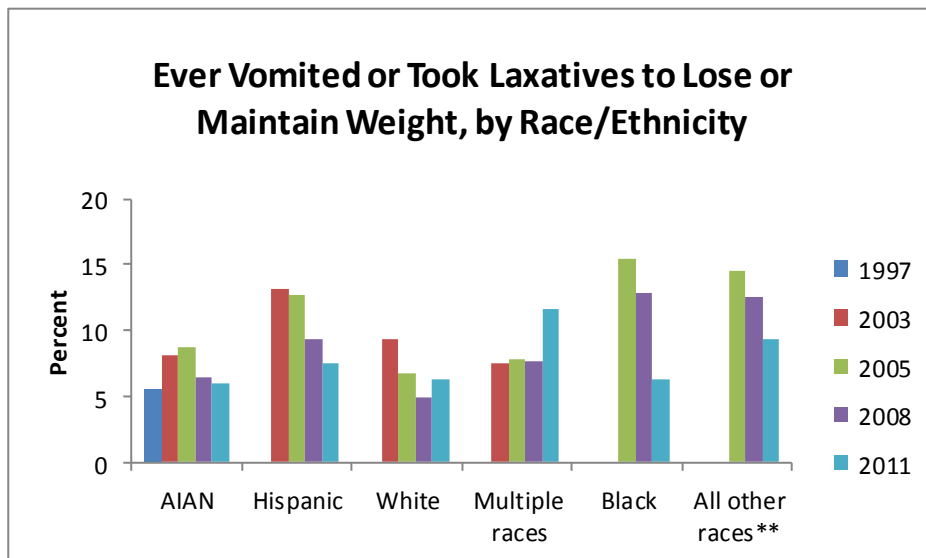
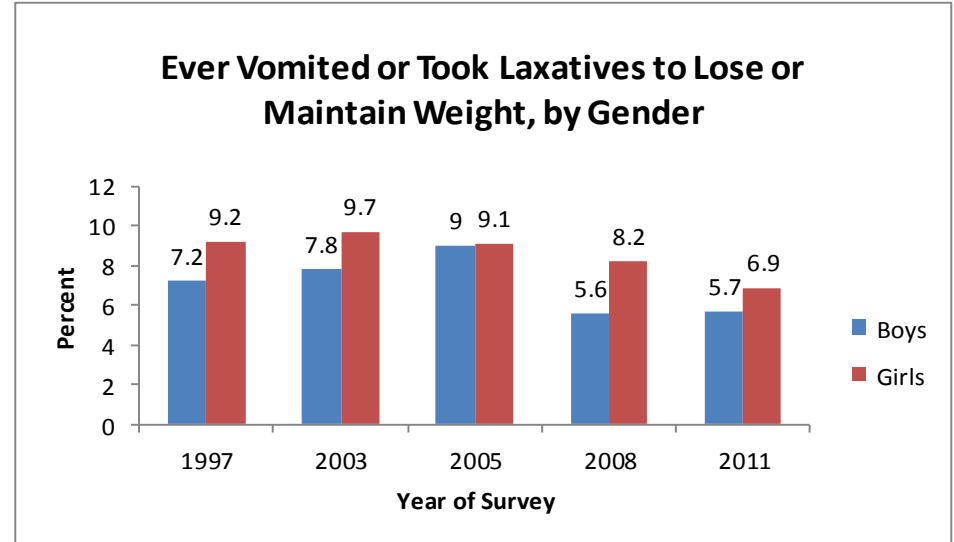
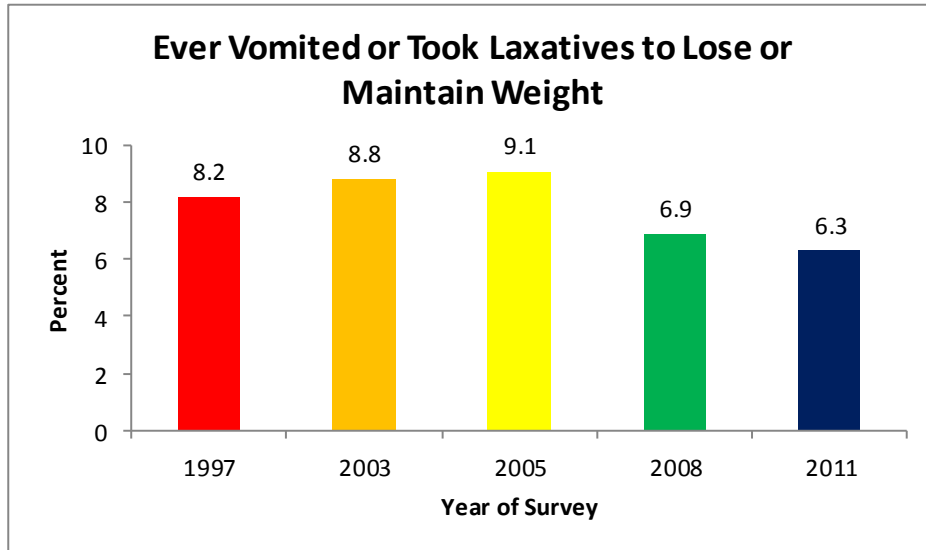
Percentage of Middle School students who have ever vomited or took laxatives to lose weight or to keep from gaining weight

Healthy People 2020 Objective: None
2011 New Mexico Middle School Total: 4.9%
2011 New Mexico Native American/Alaska Native: 3.7%



Percentage of Middle School students who have ever vomited or took laxatives to lose weight or to keep from gaining weight

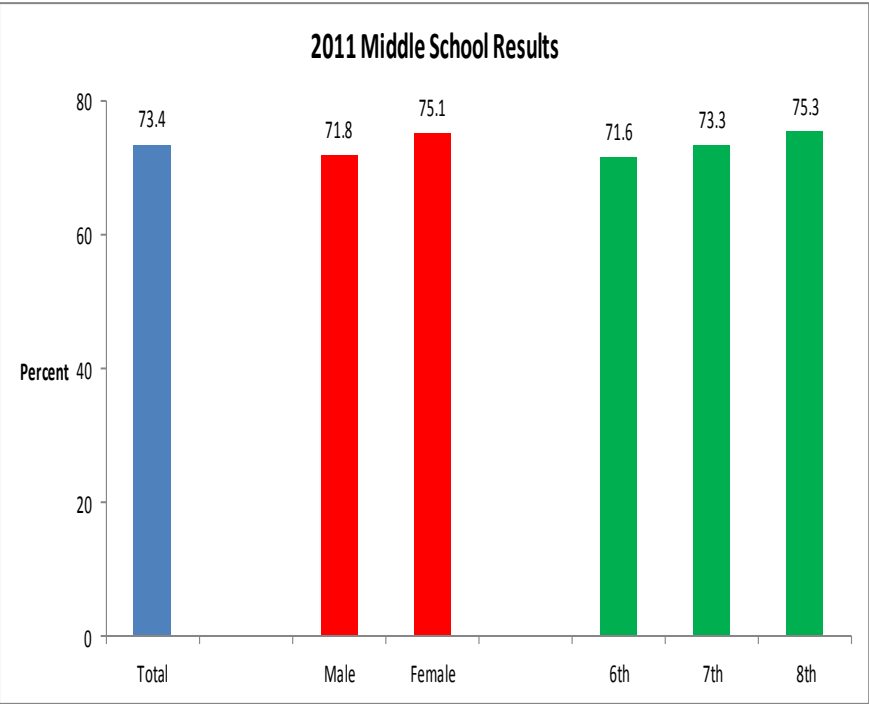
Healthy People 2020 Objective: None



**All other races includes only Native Hawaiian and other Pacific Islander in 2005 & 2008

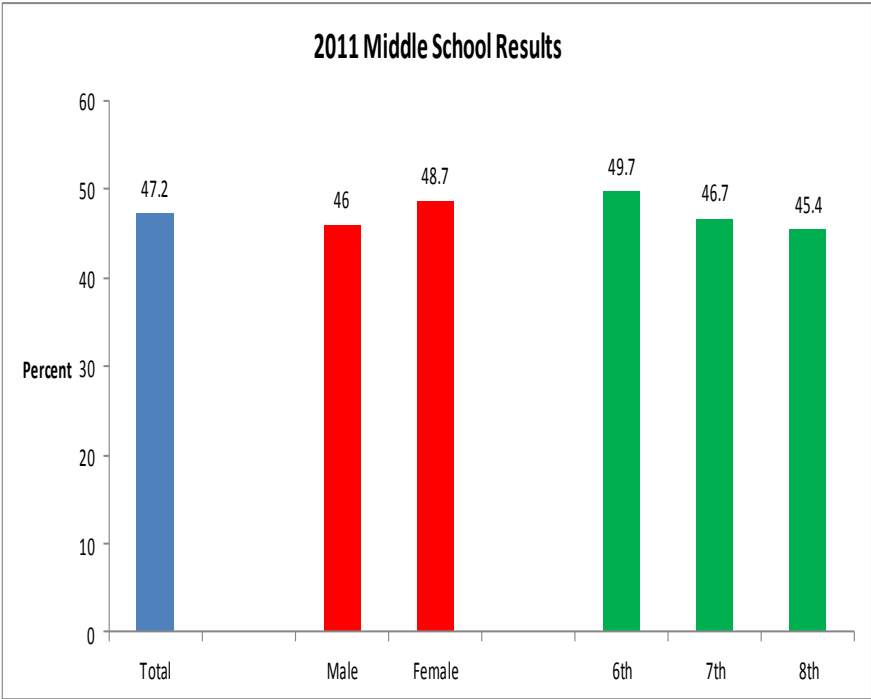
Percentage of Middle School students who have ever exercised to lose weight or to keep from gaining weight

Healthy People 2020 Objective: None
2011 New Mexico Middle School Total: NA
2011 New Mexico Native American/Alaska Native: NA



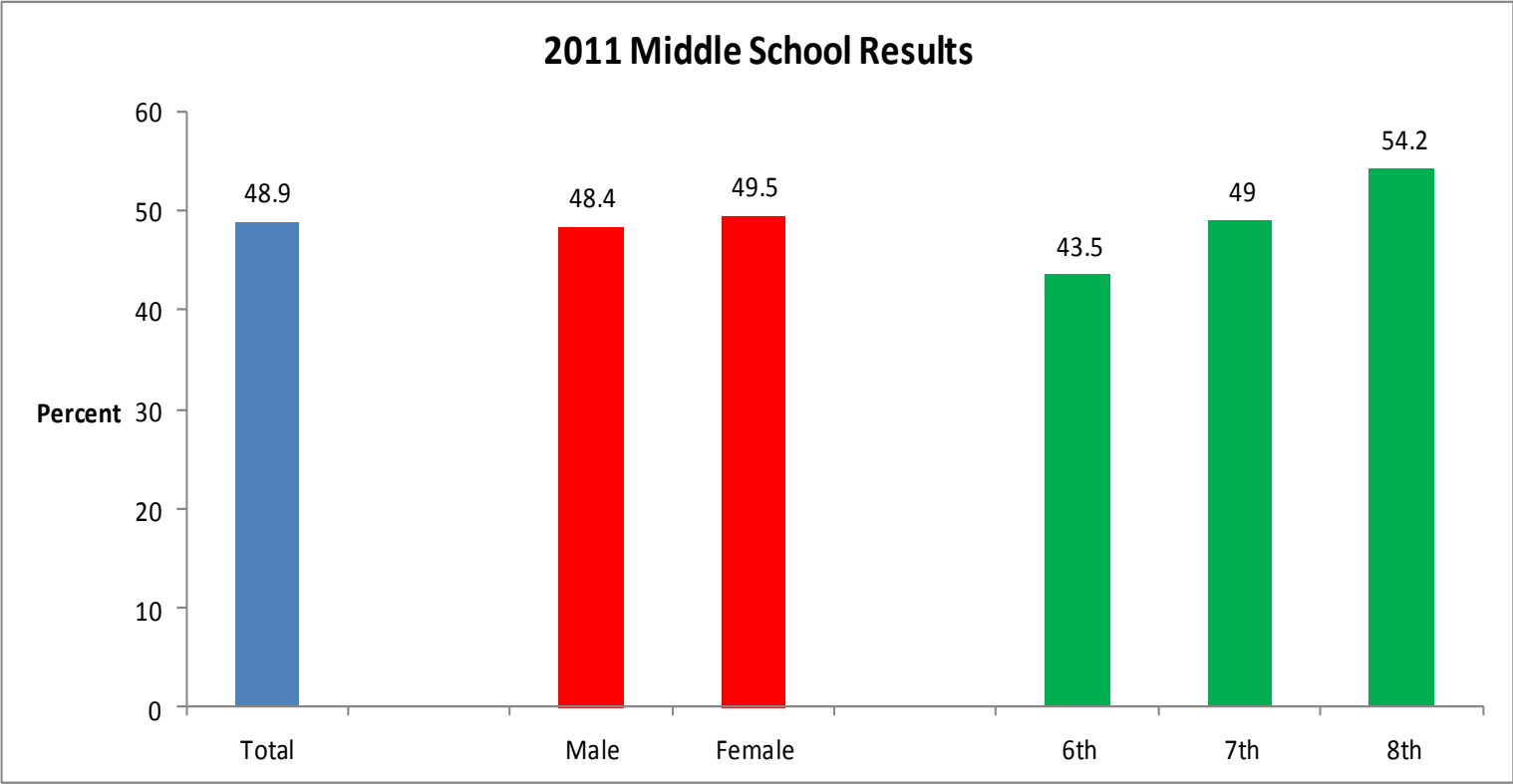
Percentage of Middle School students who have ever eaten less food, fewer calories, or foods low in fat to lose weight or to keep from gaining weight

Healthy People 2020 Objective: None
2011 New Mexico Middle School Total: NA
2011 New Mexico Native American/Alaska Native: NA



Percentage of students who have ever been taught about diabetes in school

Healthy People 2020 Objective: None
2011 New Mexico Middle School Total: NA
2011 New Mexico Native American/Alaska Native: NA





Physical Activity

RATIONALE:

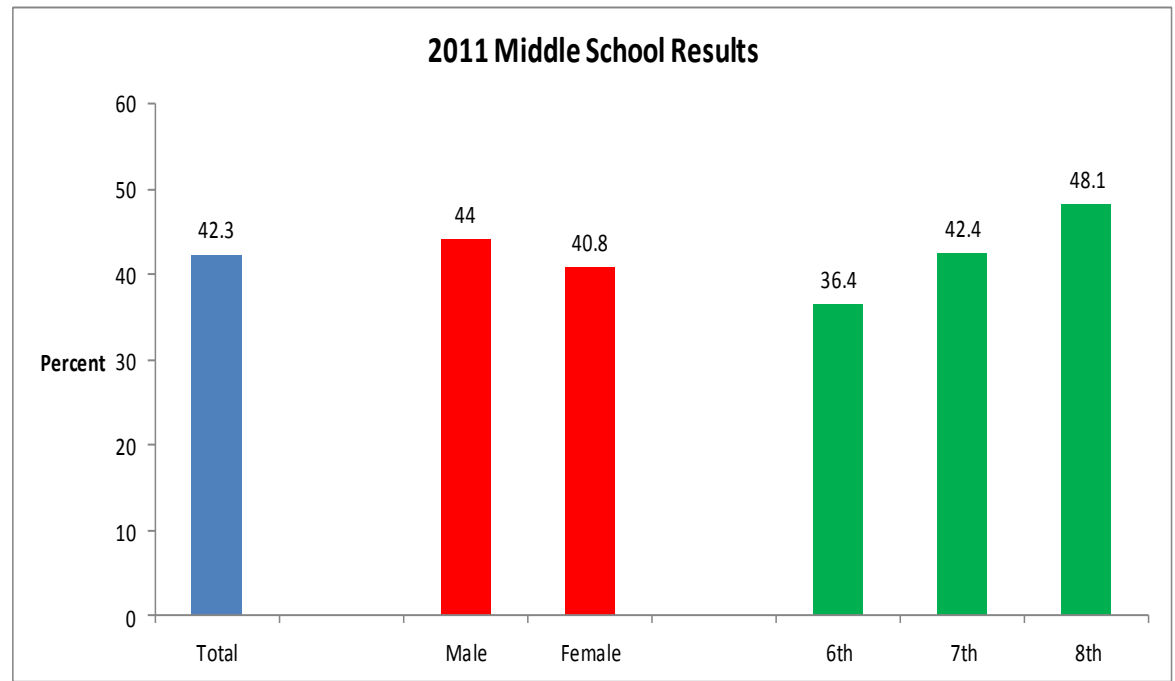
These questions measure participation in physical activity, physical education classes, and sports teams and time spent watching television (TV) and using a computer or playing video games. Participation in regular physical activity among young people can help build and maintain healthy bones and muscles, maintain body weight and reduce body fat, reduce feelings of depression and anxiety, and promote psychological well-being. Over time, regular physical activity decreases the risk of high blood pressure, heart disease, diabetes, obesity, some types of cancer, and premature death. In 2008, the U.S. Department of Health and Human Services recommended that young people ages 6–17 participate in at least 60 minutes of physical activity daily. In 2009, 18% of high school students were physically active doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time for a total of at least 60 minutes per day on each of the 7 days before the survey (i.e., physically active at least 60 minutes on all 7 days). School physical education classes can increase adolescent participation in physical activity and help high school students develop the knowledge, attitudes, and skills they need to engage in lifelong physical activity. In 2009, 56% of high school students nationwide went to physical education classes on 1 or more days in an average week when they were in school. Watching TV and using a computer are considered sedentary behaviors. Among youth, time spent watching TV, in particular, is associated with childhood and adult obesity and youth who engage in less than two hours of TV viewing per day tend to be more active. Computer usage and video game playing are associated with physical inactivity among adolescents and young adults. Among high school students nationwide in 2009, 25% of students played video or computer games or used a computer for something that was not school work for 3 or more hours per day on an average school day and 33% watched television 3 or more hours per day on an average school day. During 2003–2009, a significant linear increase occurred in the percentage of students who used computers 3 or more hours per day (22%–25%). During 1999–2009, a significant linear decrease occurred in the percentage of high school students who watched television 3 or more hours per day (43%–33%).

Percentage of students who were physically active for a total of at least 60 minutes per day on 5 or more of the past seven days

Healthy People 2020 Objective: None

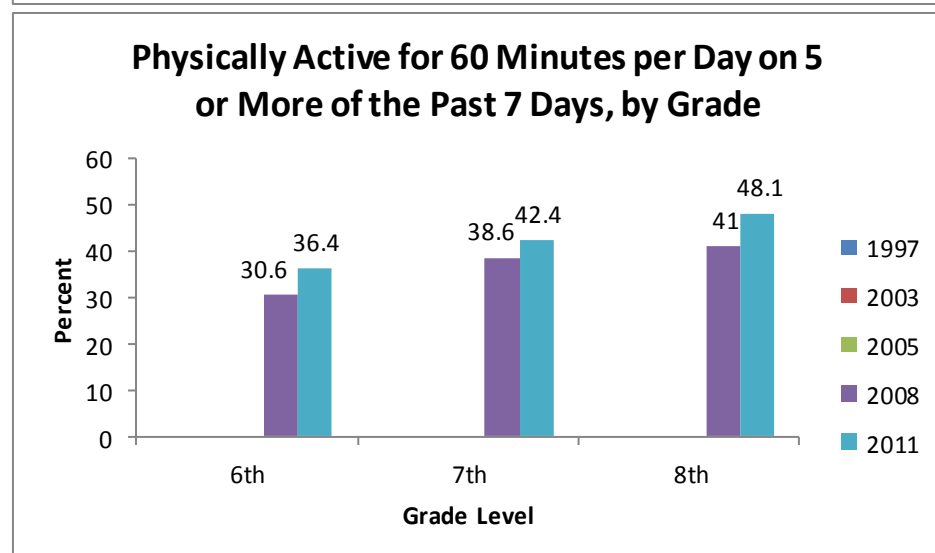
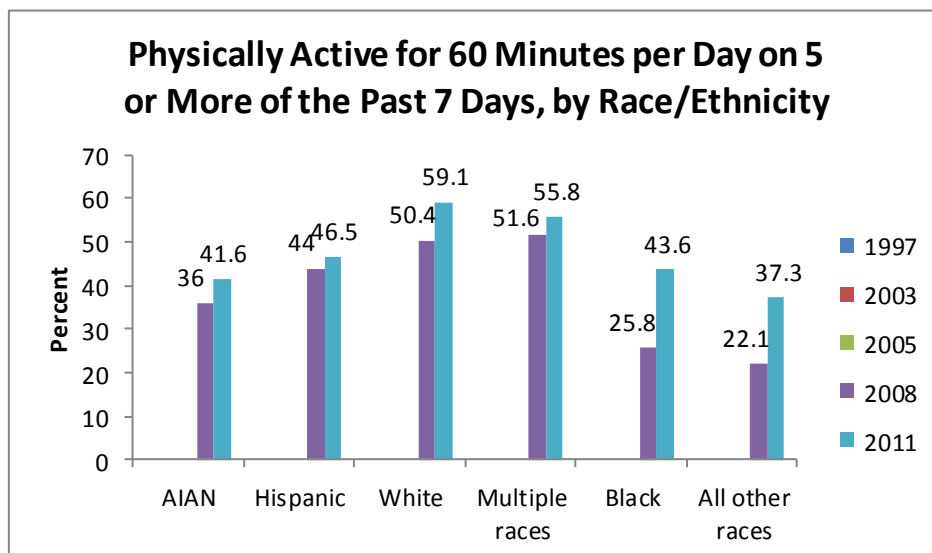
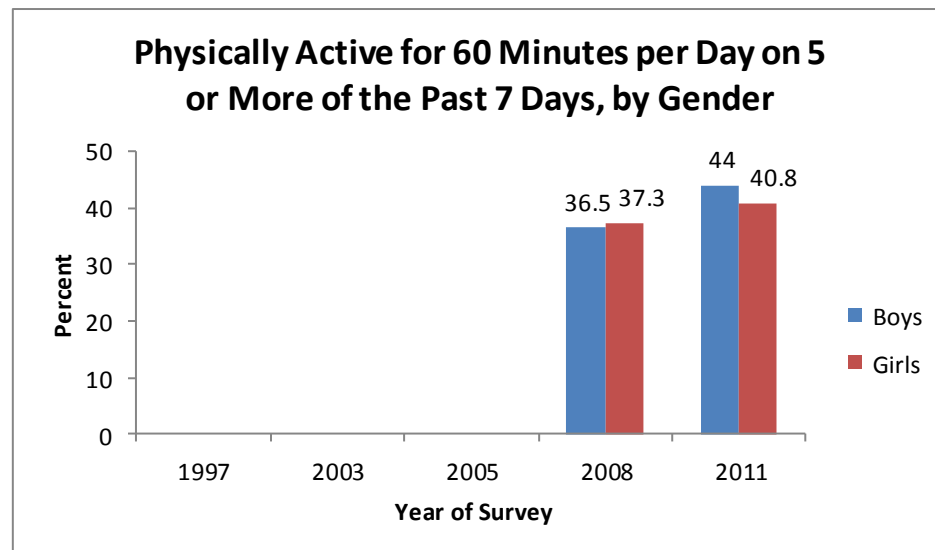
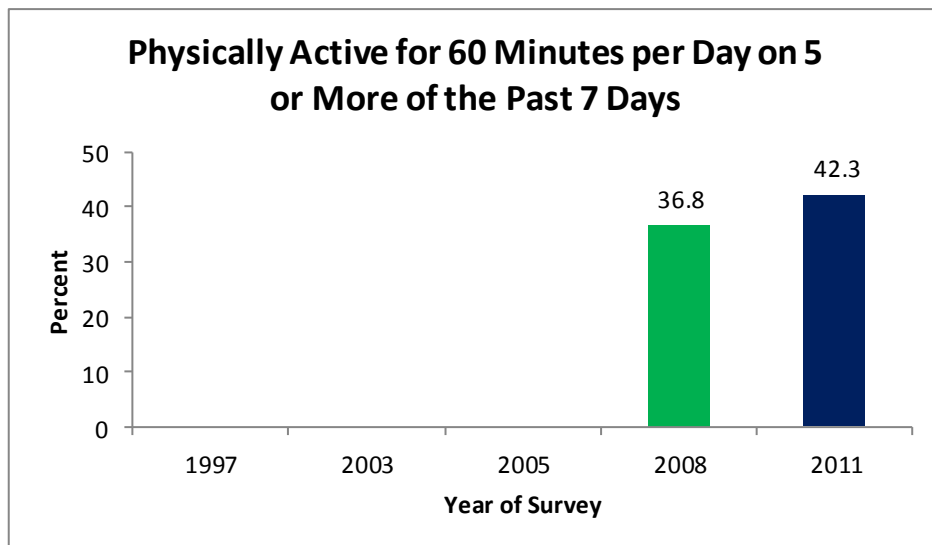
2011 New Mexico Middle School: 49.8%

2011 New Mexico Native American/Alaska Native: 44.1%



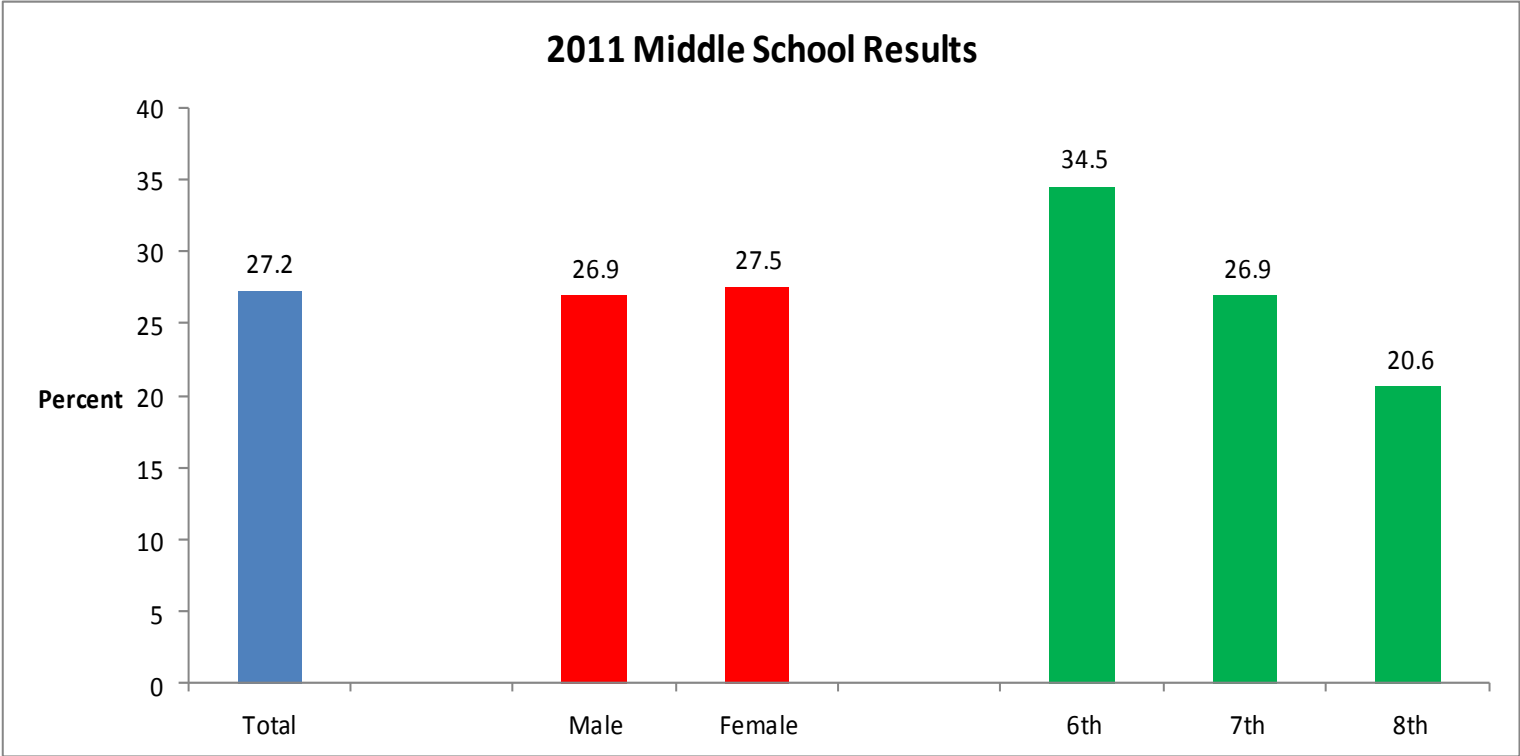
Percentage of students who were physically active for a total of at least 60 minutes per day on 5 or more of the past seven days

Healthy People 2020 Objective: None



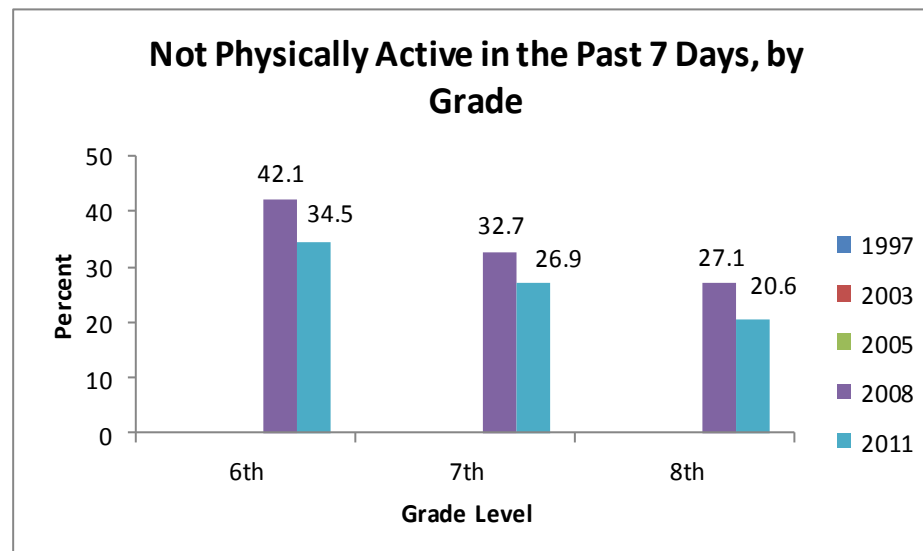
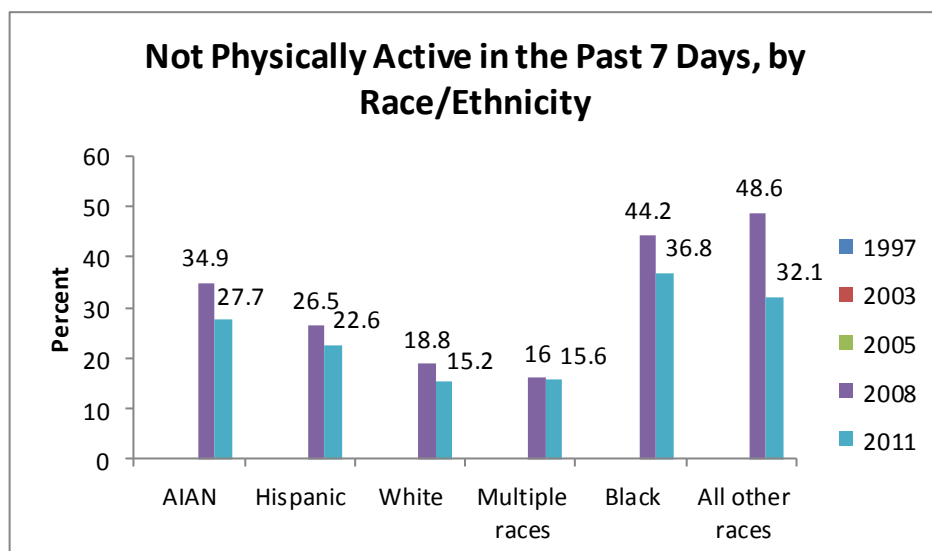
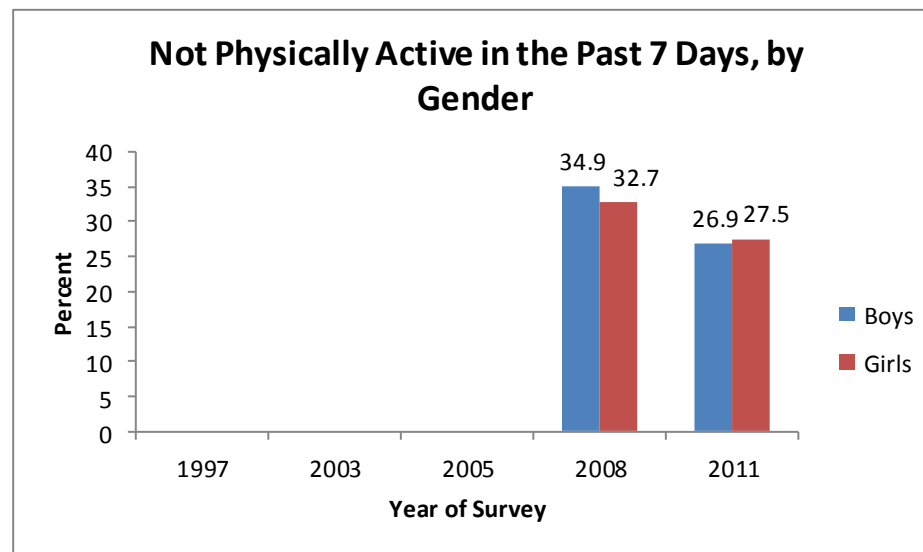
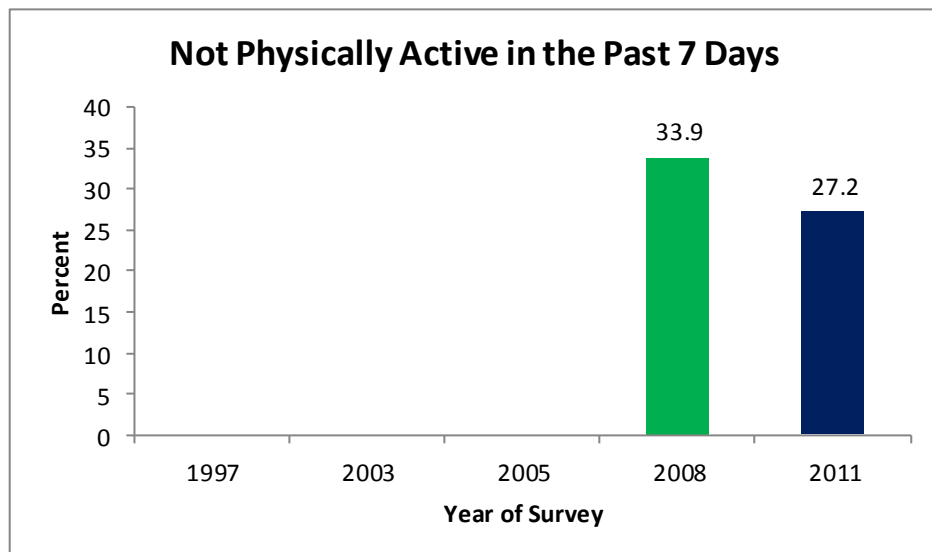
Percentage of students who were physically active for a total of at least 60 minutes per day on 0 or more of the past seven days

Healthy People 2020 Objective: None
2011 New Mexico Middle School: 17.4%
2011 New Mexico Native American/Alaska Native: 26.4%



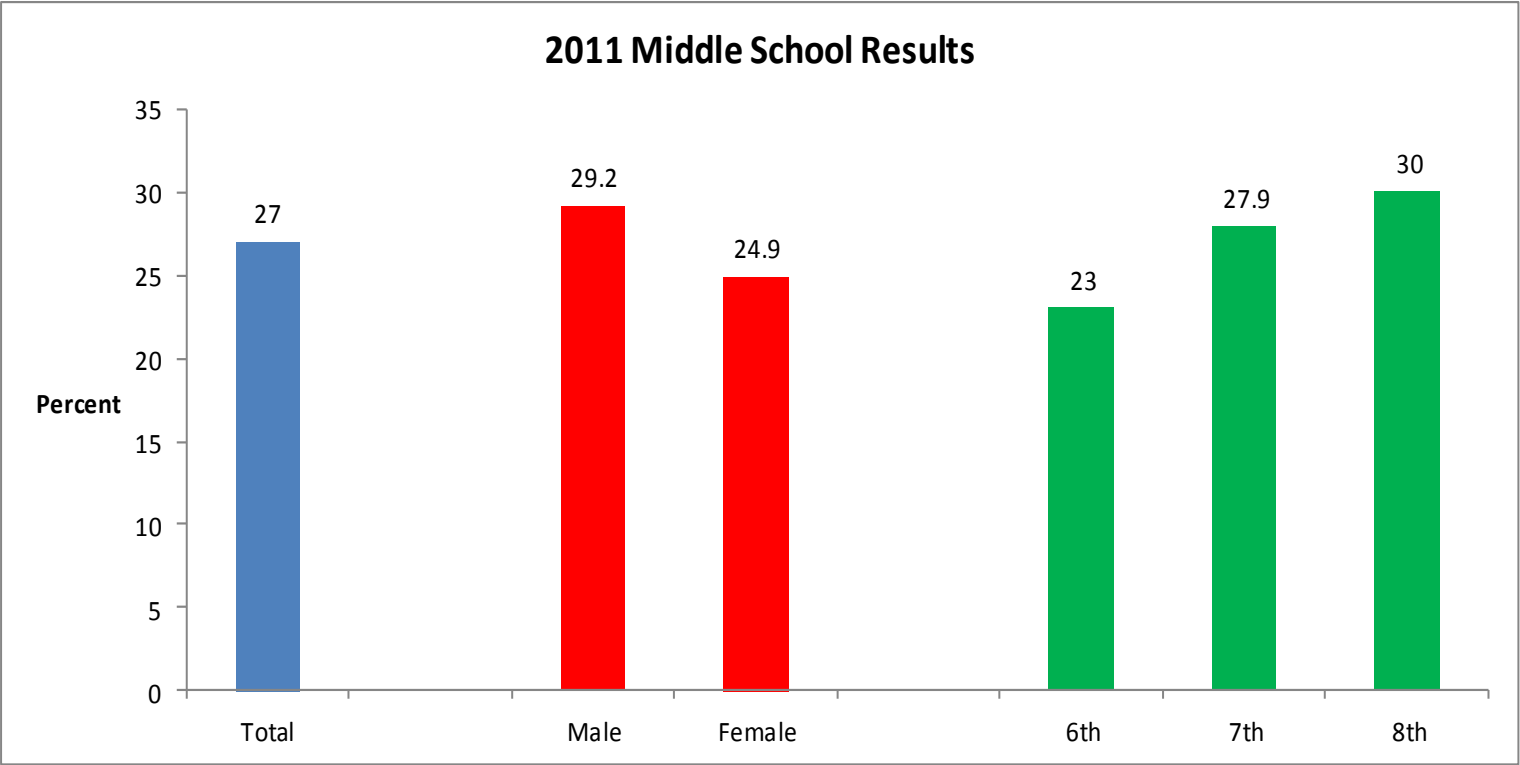
Percentage of students who were physically active for a total of at least 60 minutes per day on 0 or more of the past seven days

Healthy People 2020 Objective: None



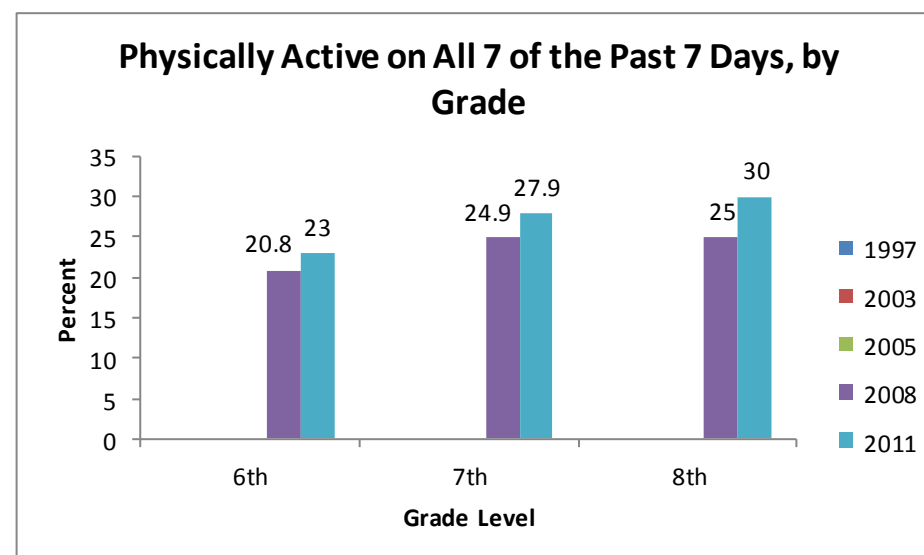
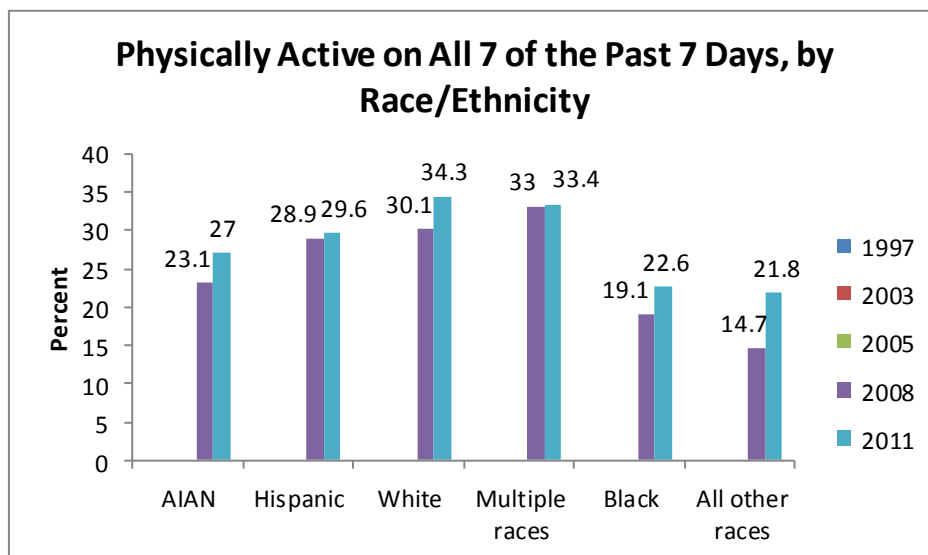
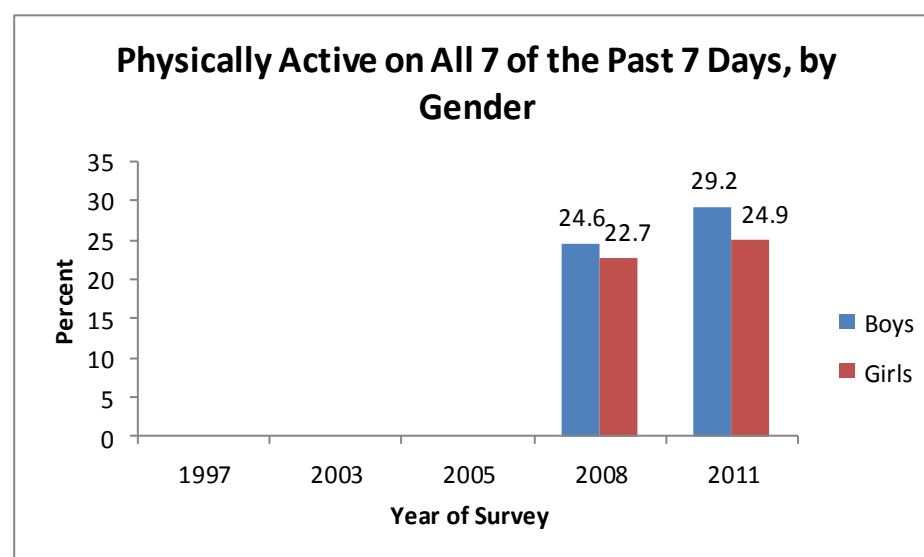
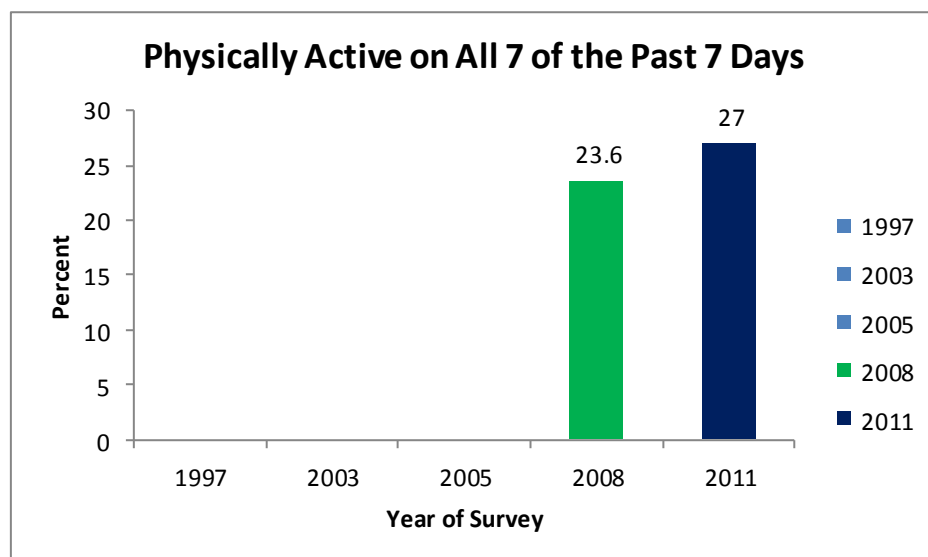
Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days

Healthy People 2020 Objective: 20.2%
2011 New Mexico Middle School: 14.3%
2011 New Mexico Native American/Alaska Native: 4.8%



Percentage of students who were physically active for a total of at least 60 minutes per day on 7 of the past seven days

Healthy People 2020 Objective: 20.2%

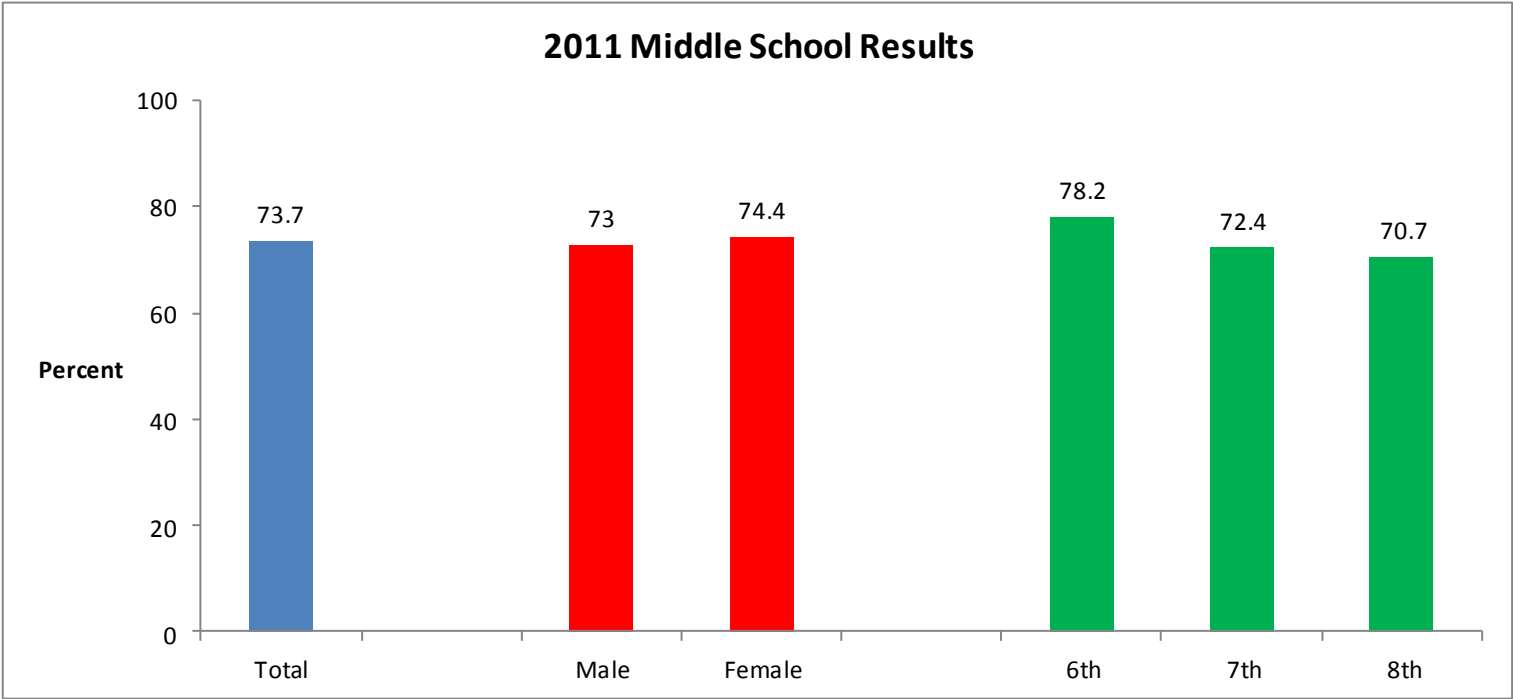


Percentage of students who watched less than three or more hours per day of TV on an average school day

Healthy People 2020 Objective: 73.9% (watch no more than 2 hours per day 9th-12th)

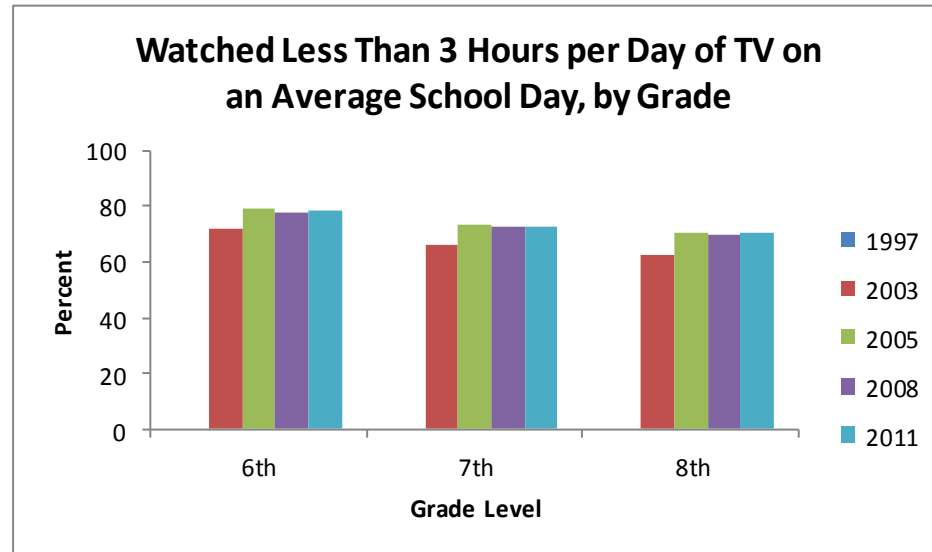
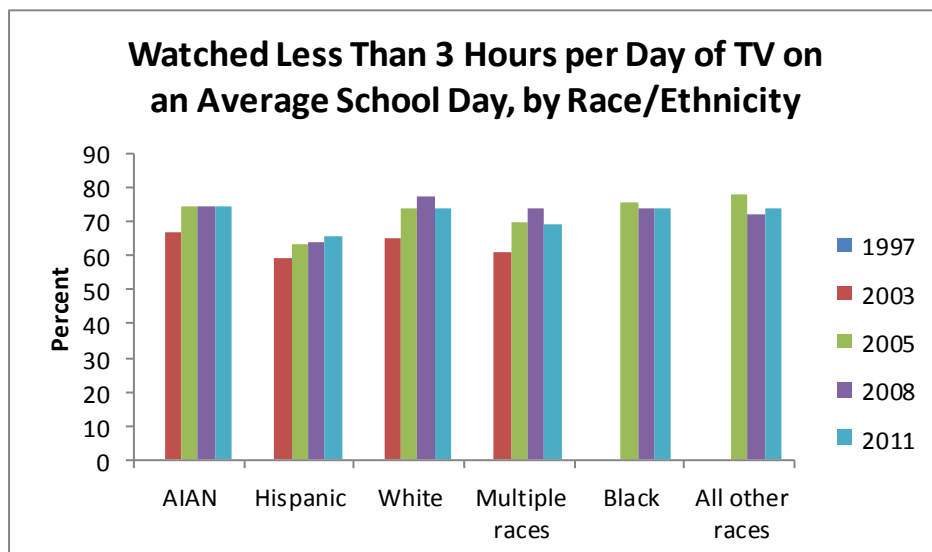
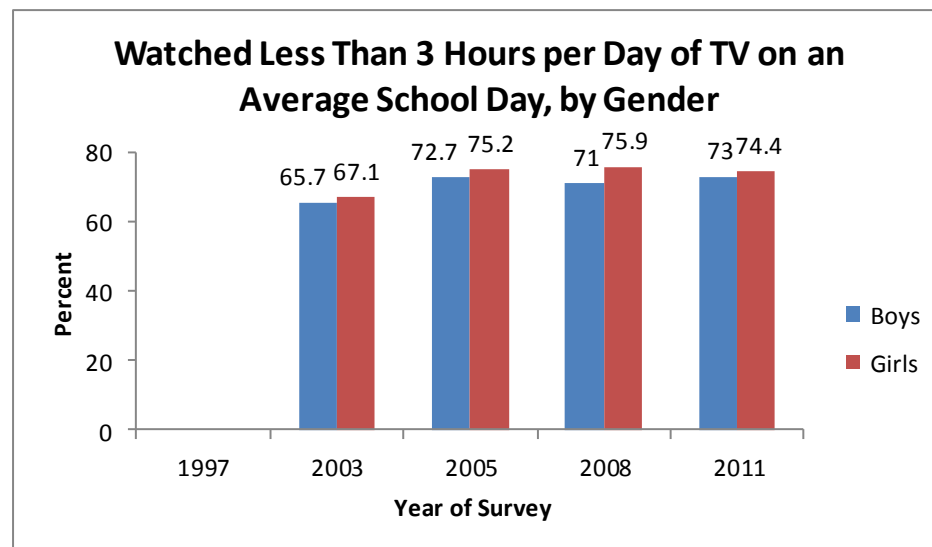
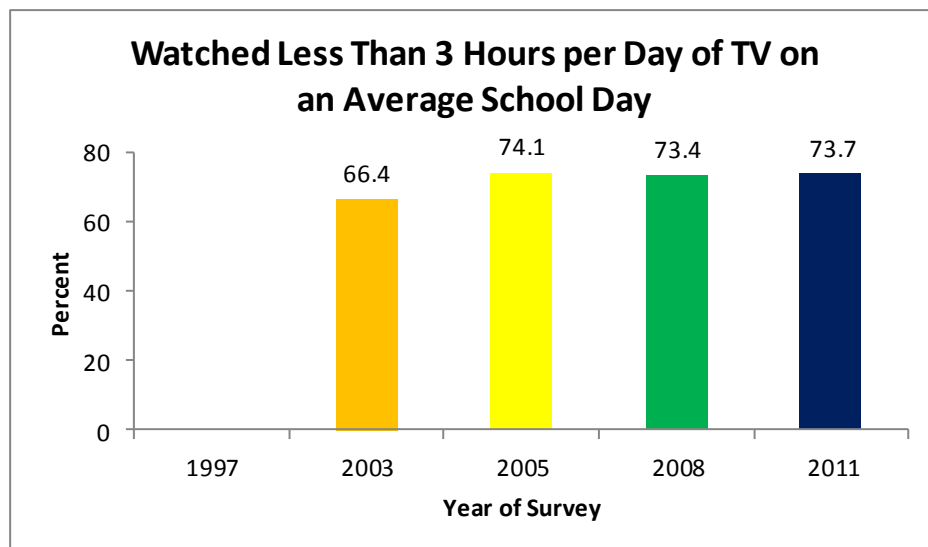
2011 New Mexico Middle School: 68.3%

2011 New Mexico Native American/Alaska Native: 67.8%



Percentage of students who watched less than three or more hours per day of TV on an average school day

Healthy People 2020 Objective: 73.9% (watch no more than 2 hours per day, 9th-12th)

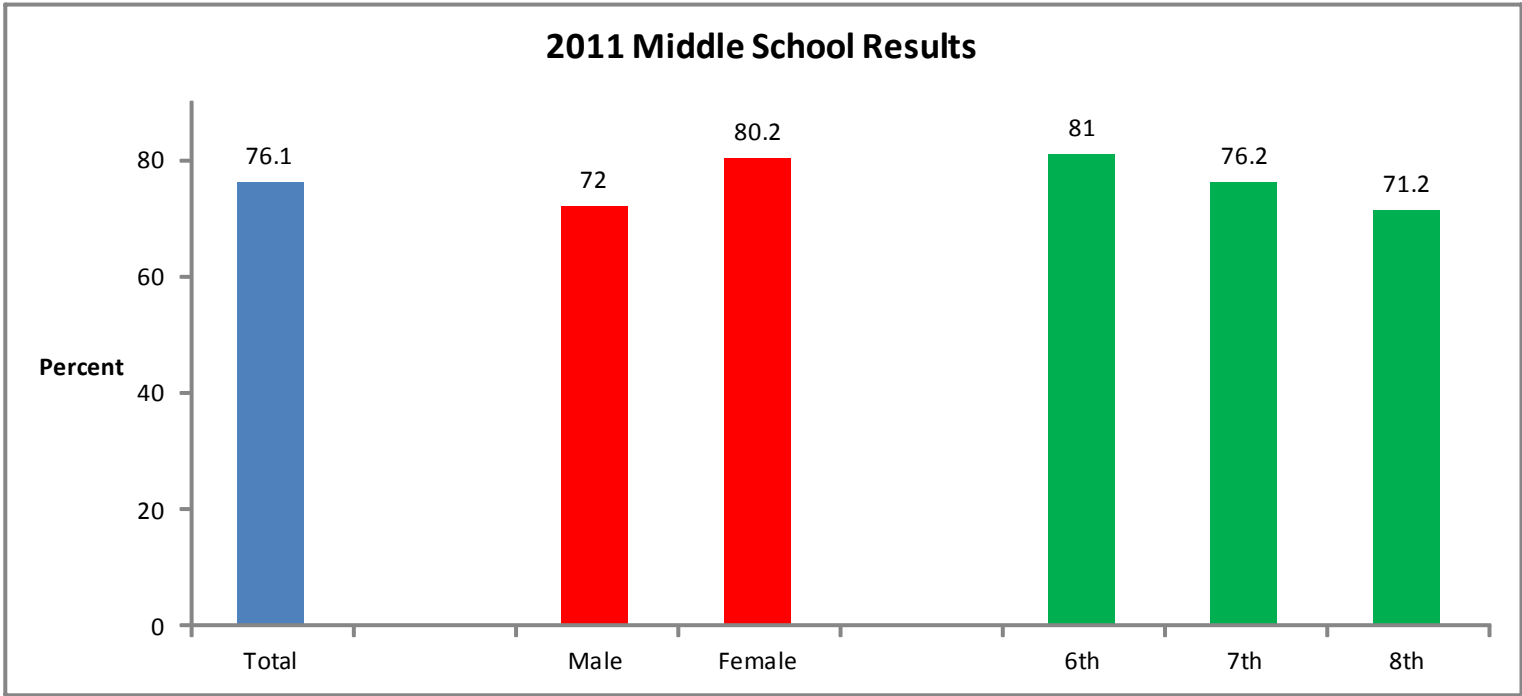


Percentage of students who played video or computer games or used a computer for something that was not school work for less than three hours per day on an average school day

Healthy People 2020 Objective: 82.6% (watch no more than 2 hours per day, 9th-12th)

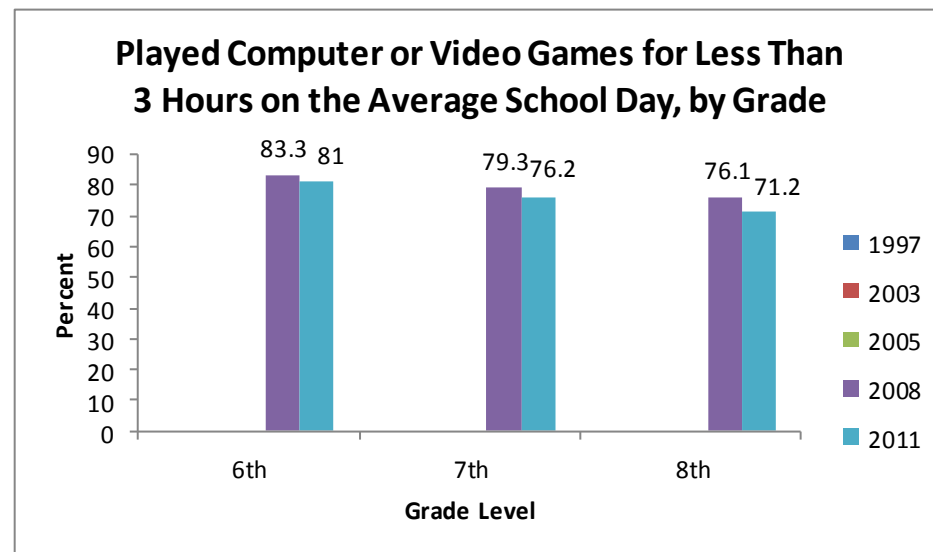
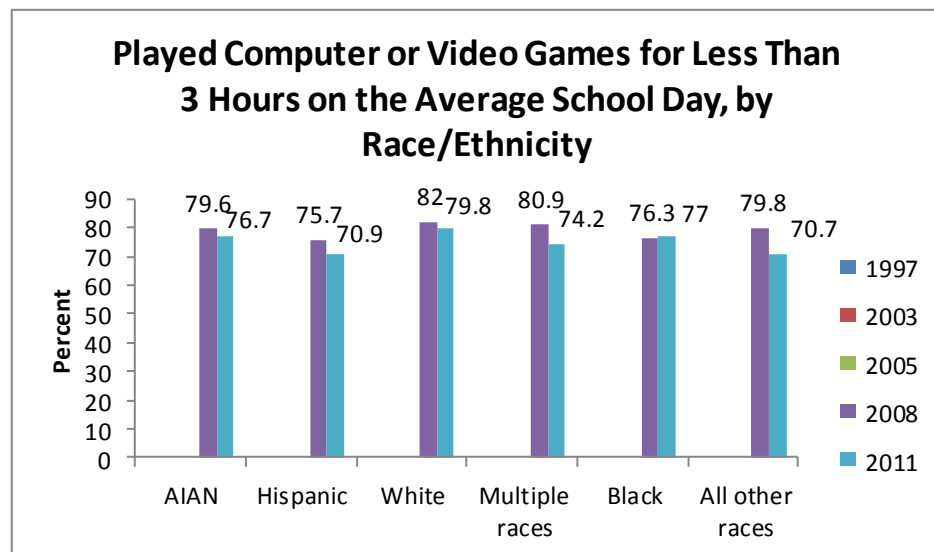
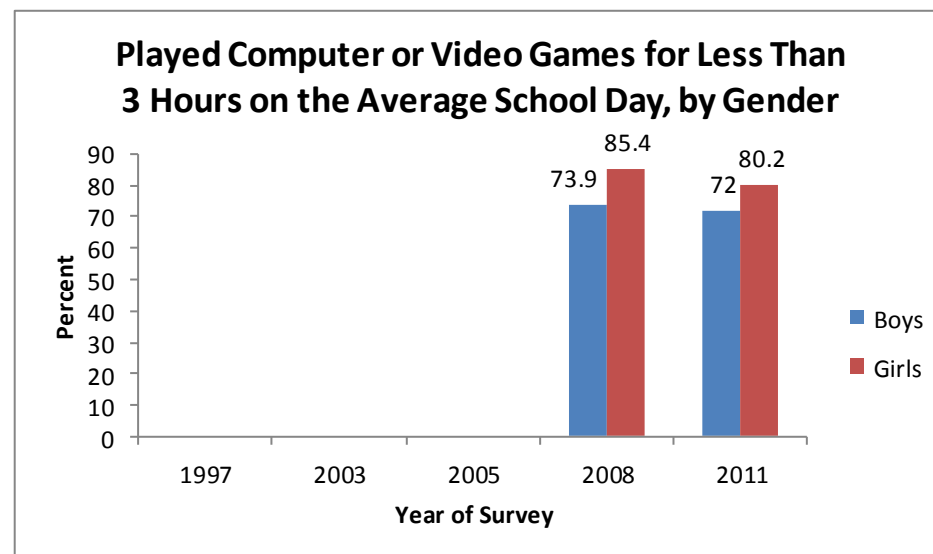
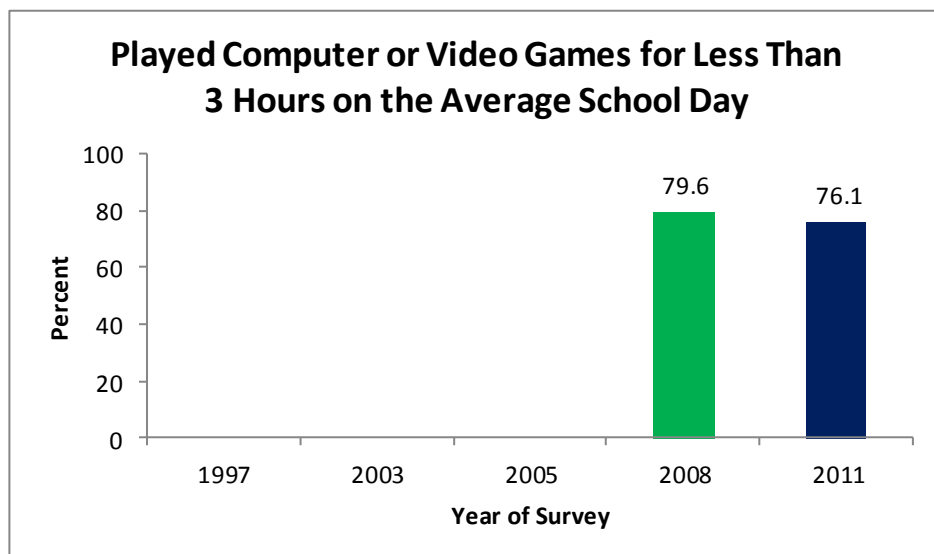
2011 New Mexico Middle School: 74.0%

2011 New Mexico Native American/Alaska Native: 70.2%



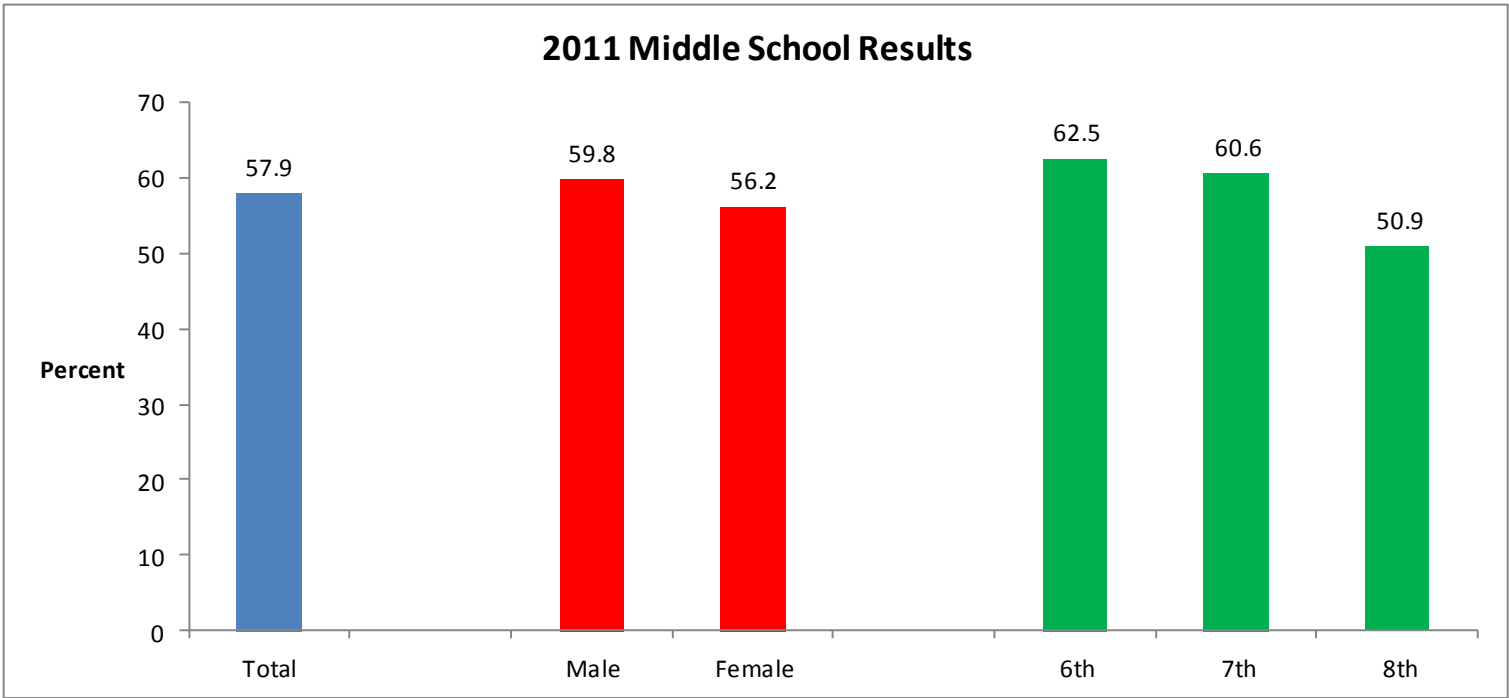
Percentage of students who played video or computer games or used a computer for something that was not school work three or more hours per day on an average school day

Healthy People 2020 Objective: 82.6% (watch no more than 2 hours per day, 9th-12th)



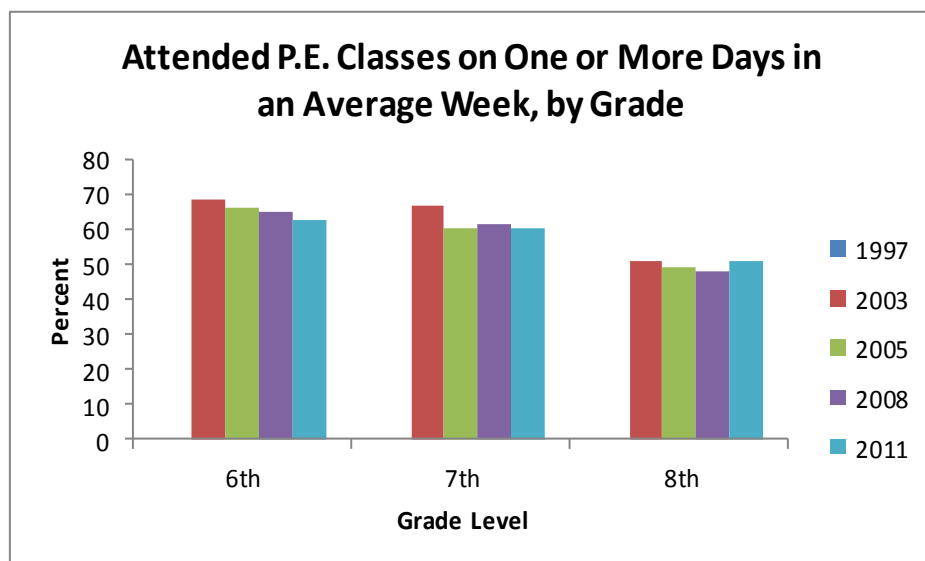
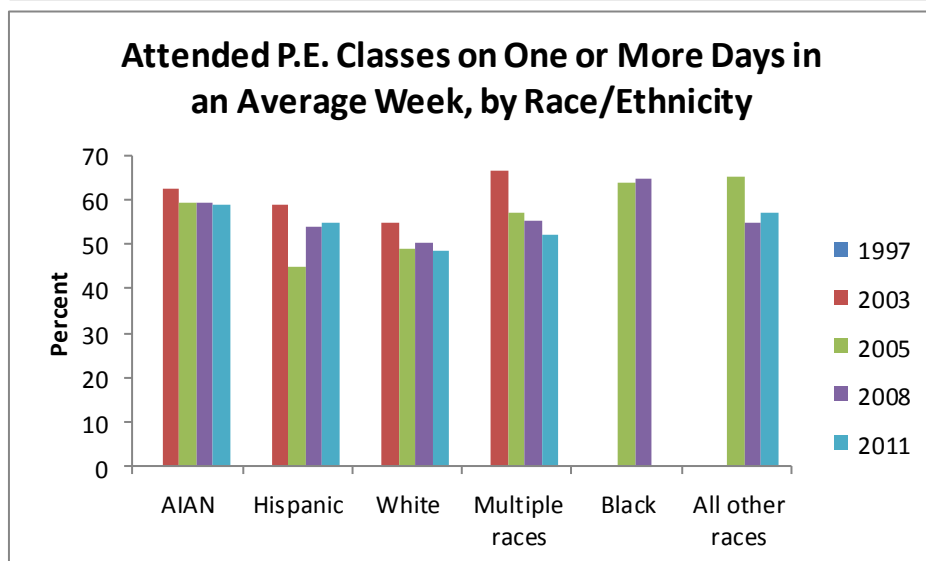
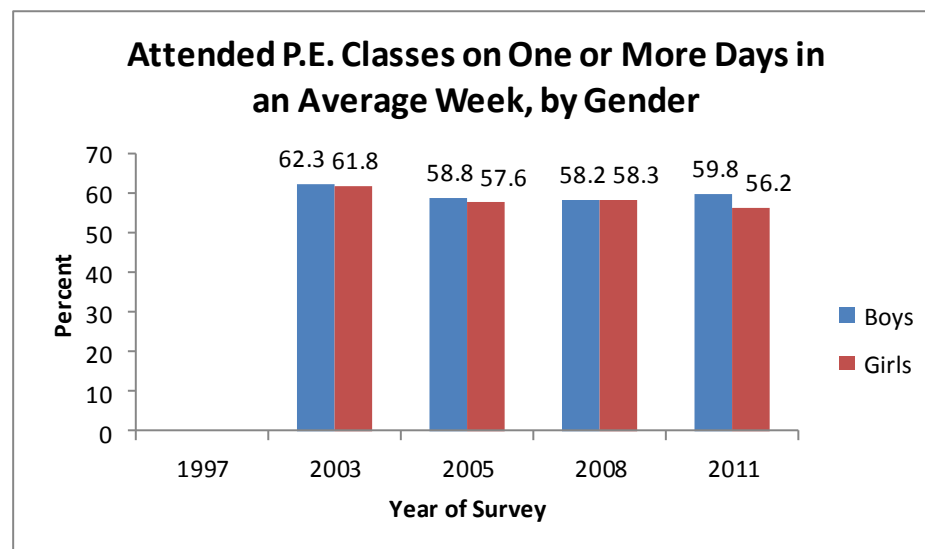
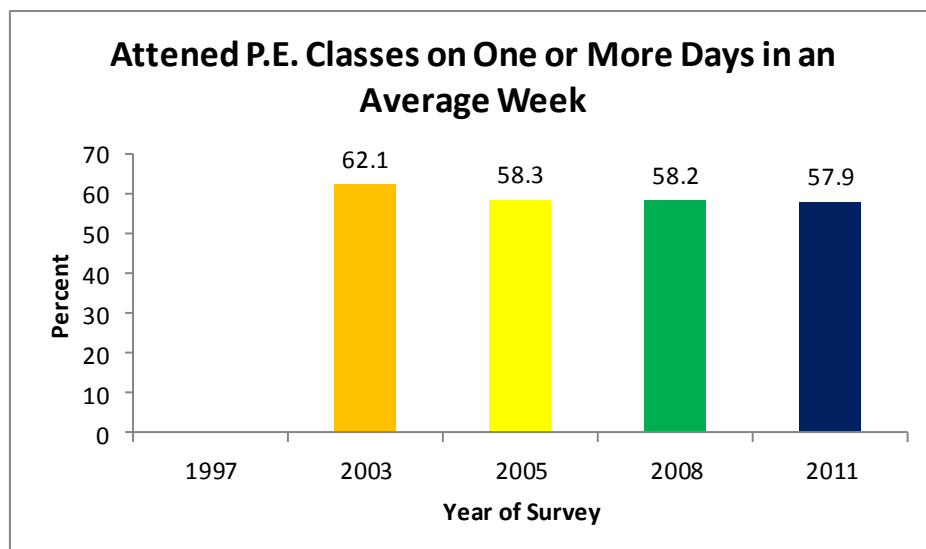
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school

Healthy People 2020 Objective: None
2011 New Mexico Middle School: 57.9%
2011 New Mexico Native American/Alaska Native: 46.4%



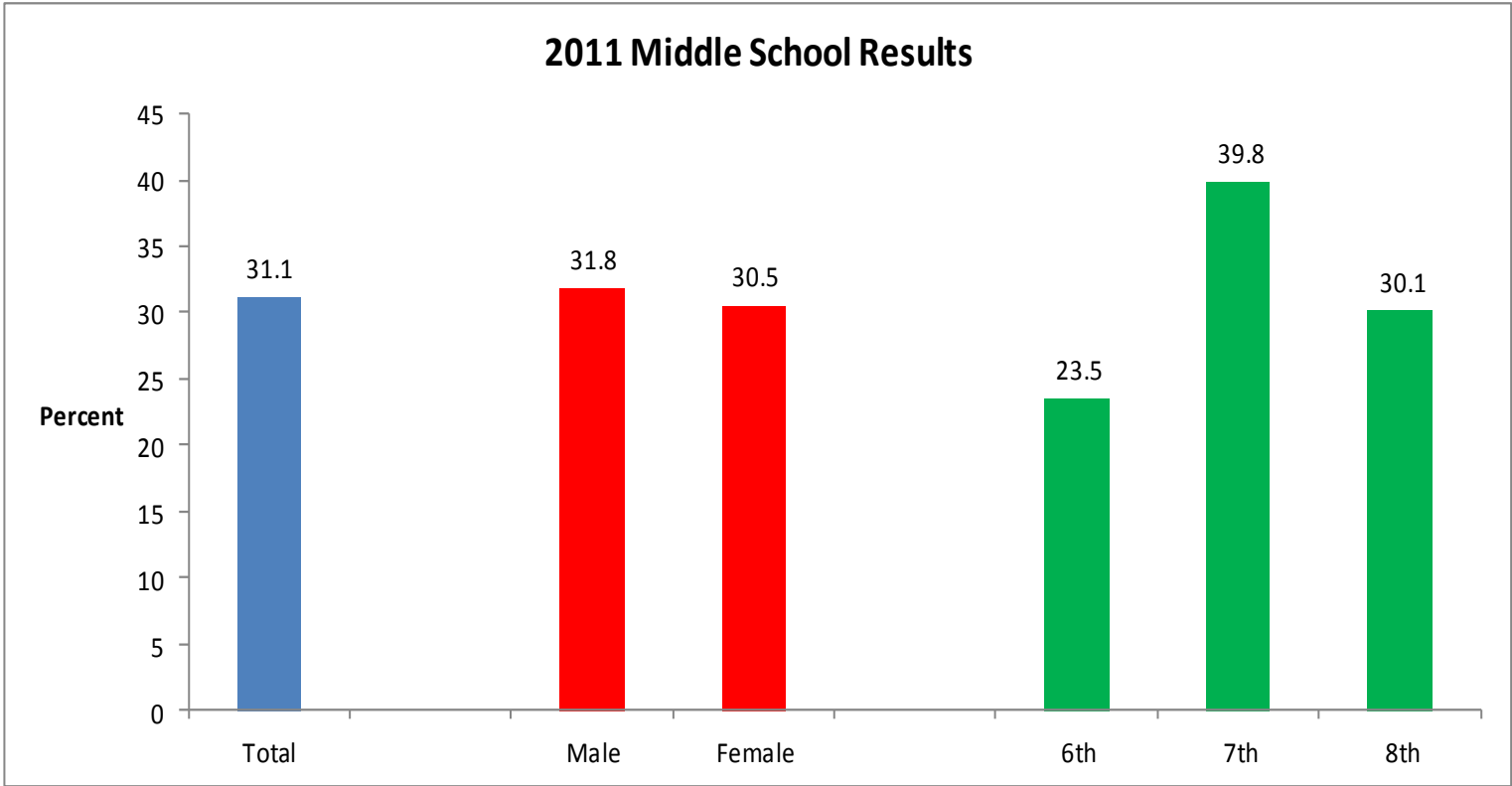
Percentage of students who attended physical education (PE) classes on one or more days in an average week when they were in school

Healthy People 2020 Objective: None



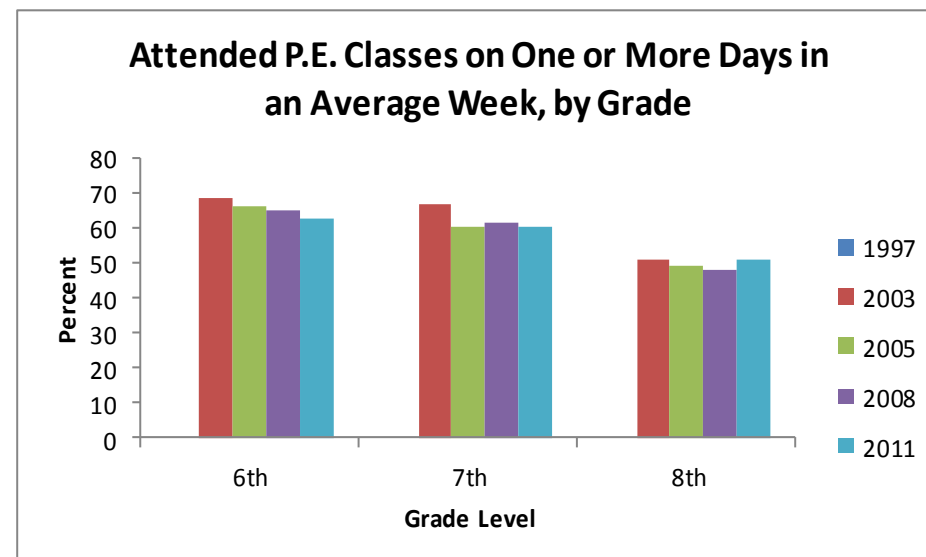
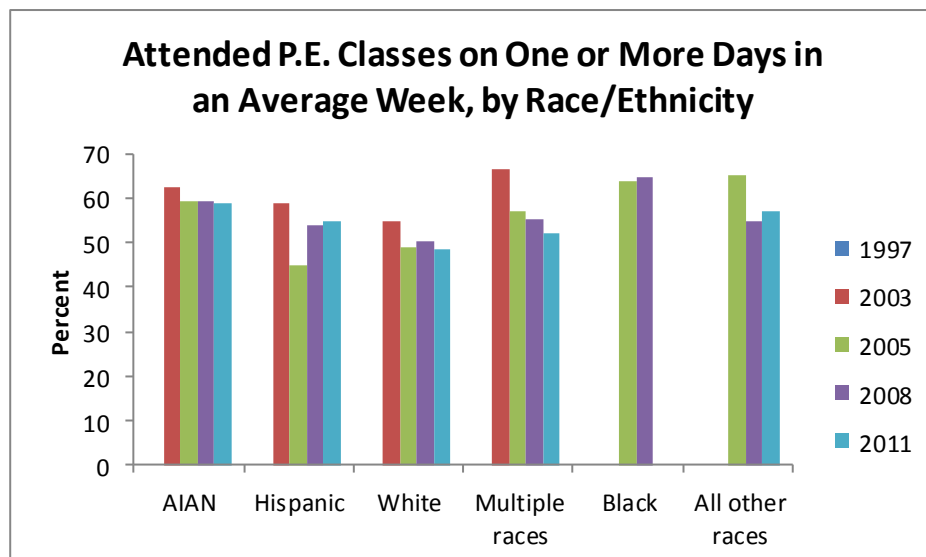
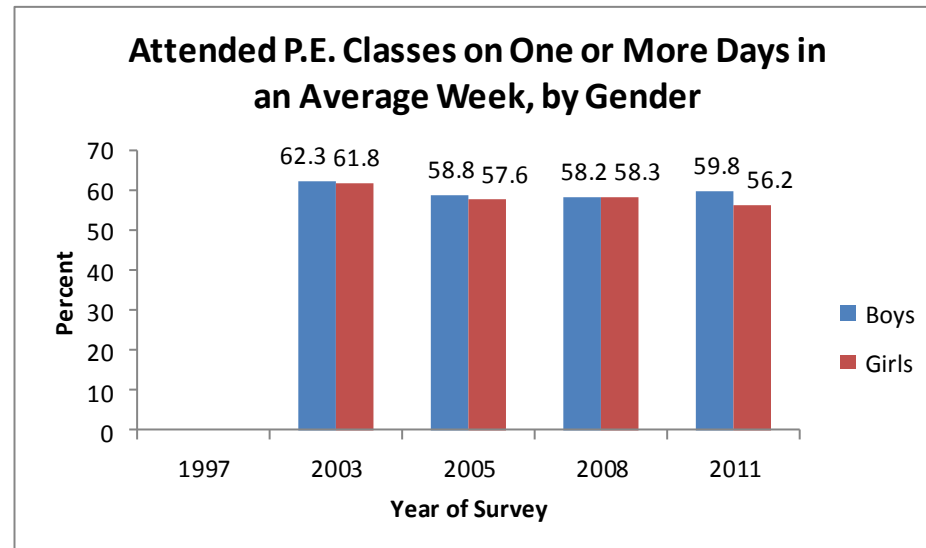
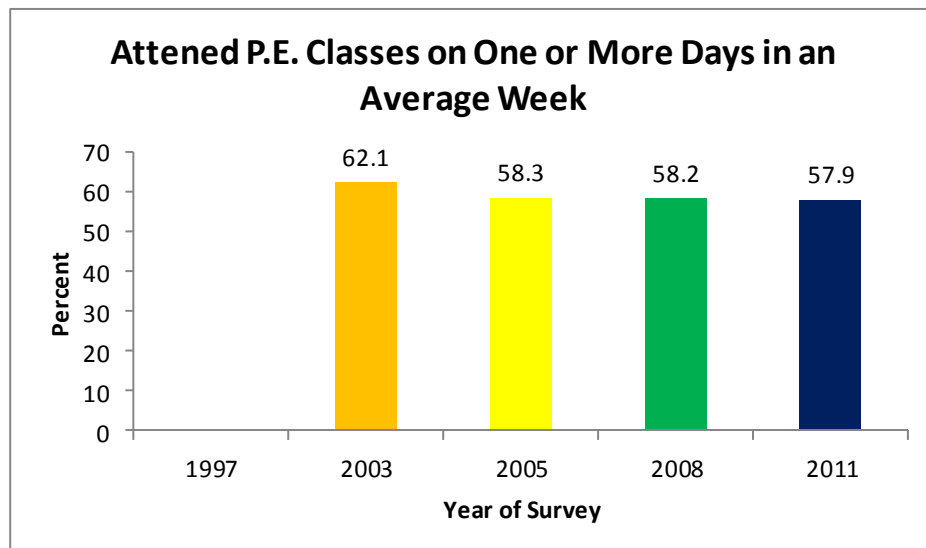
Percentage of students who attended physical education (PE) classes daily an average week when they were in school

Healthy People 2020 Objective: 36.6%
2011 New Mexico Middle School: 30.4%
2011 New Mexico Native American/Alaska Native: 28.1%



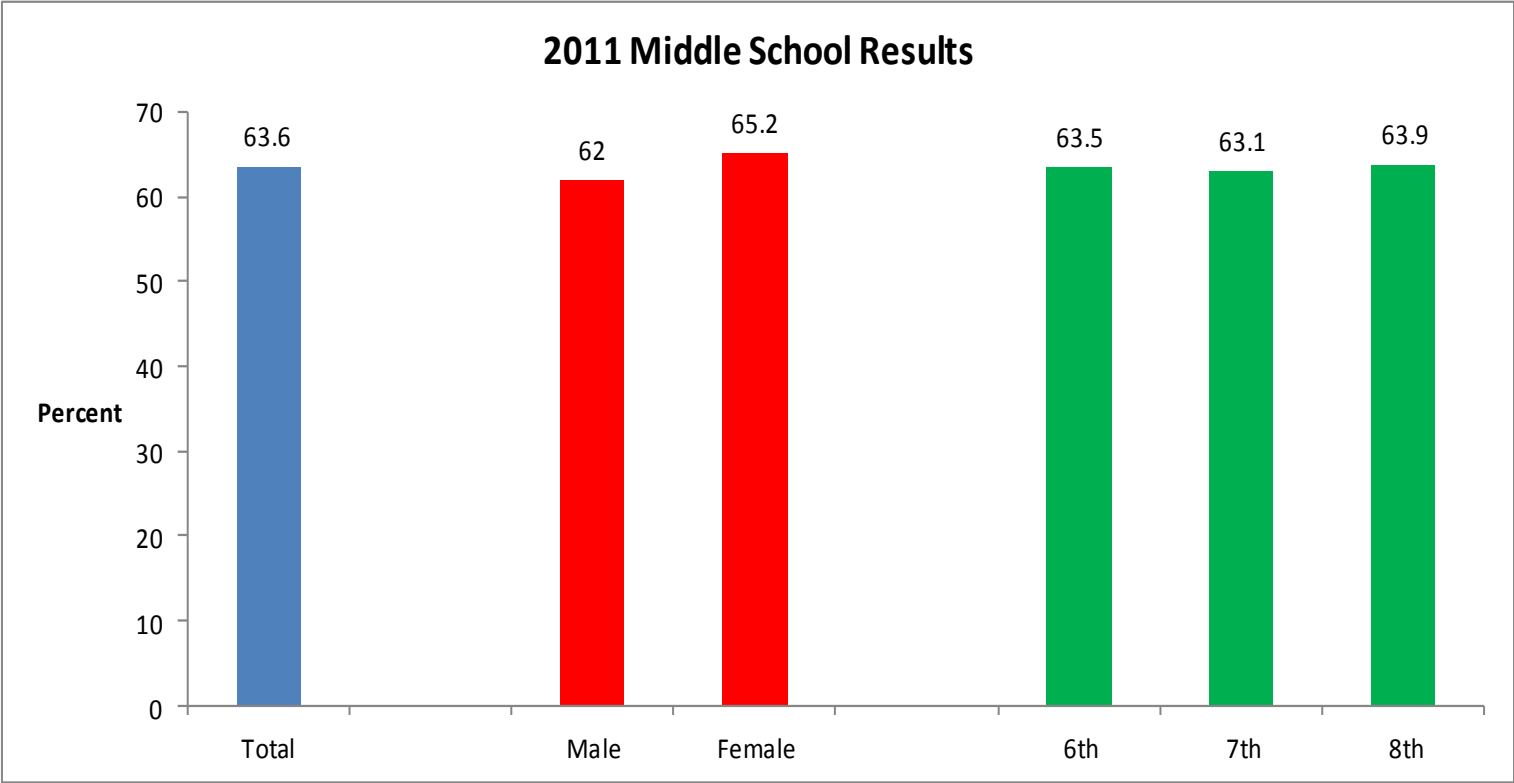
Percentage of students who attended physical education (PE) classes daily an average week when they were in school

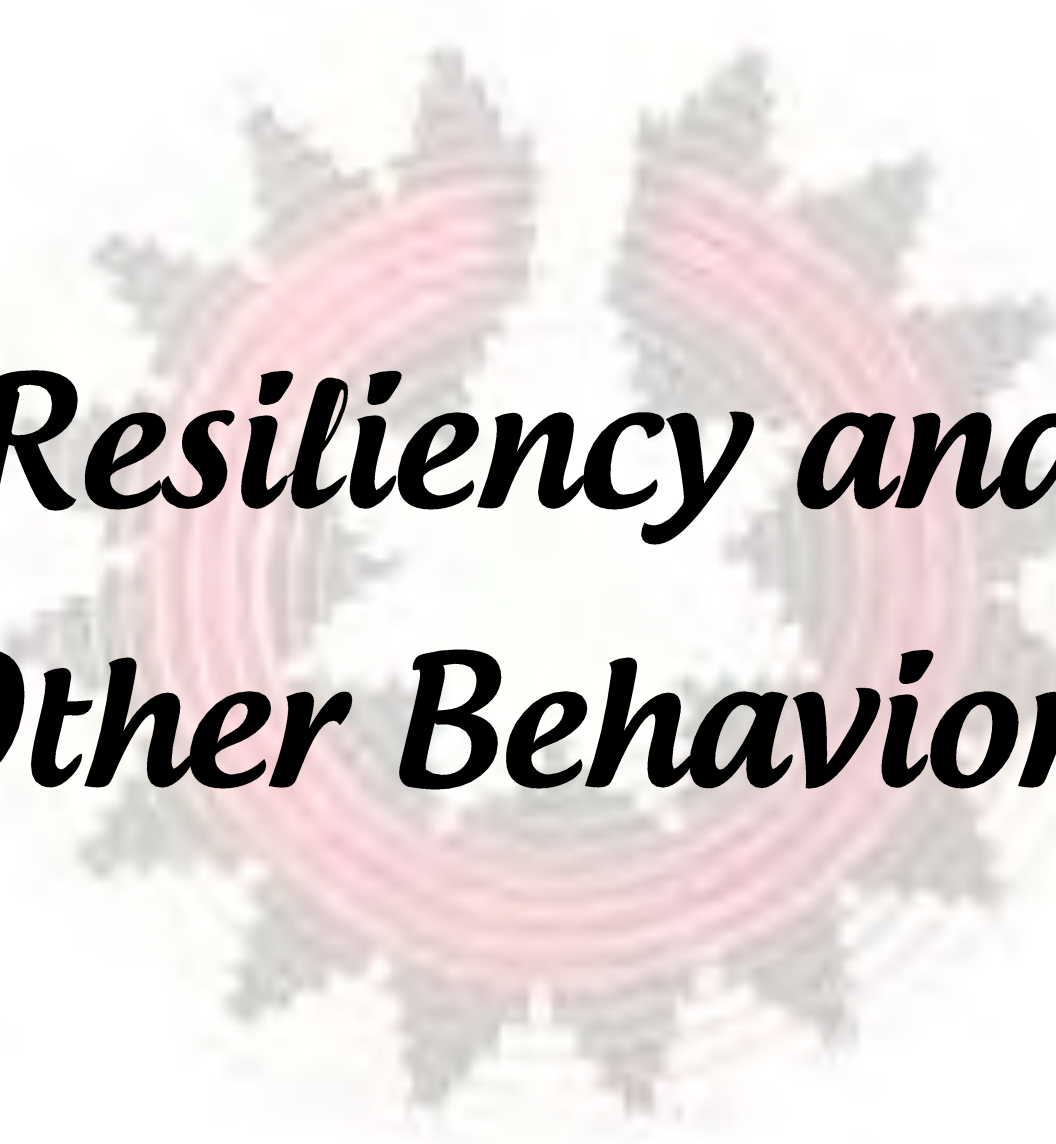
Healthy People 2020 Objective: 36.6%



Percentage of students who played on one or more sports teams during the past 12 months

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA

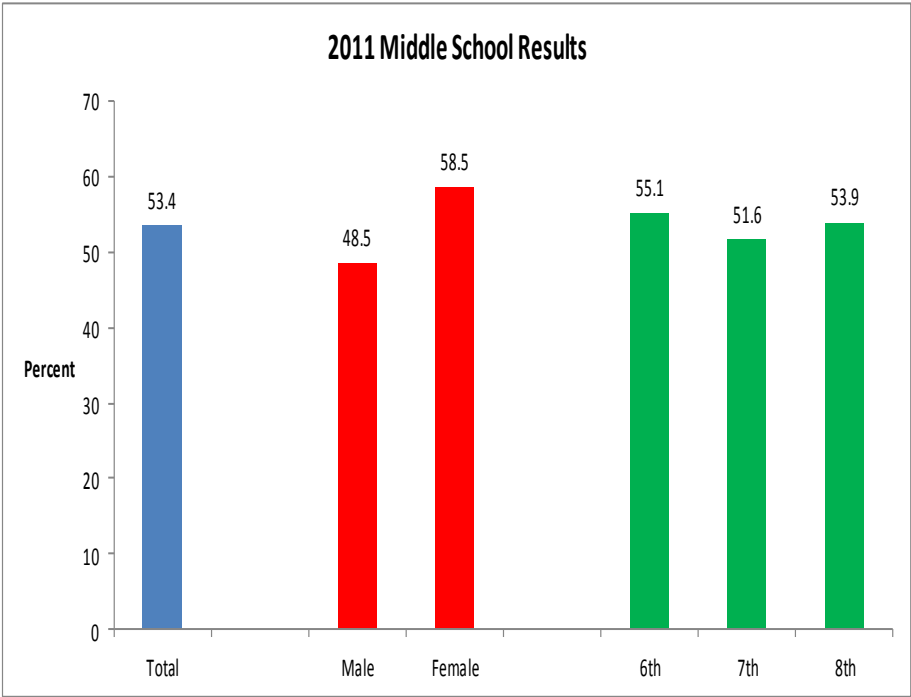




Resiliency and Other Behaviors

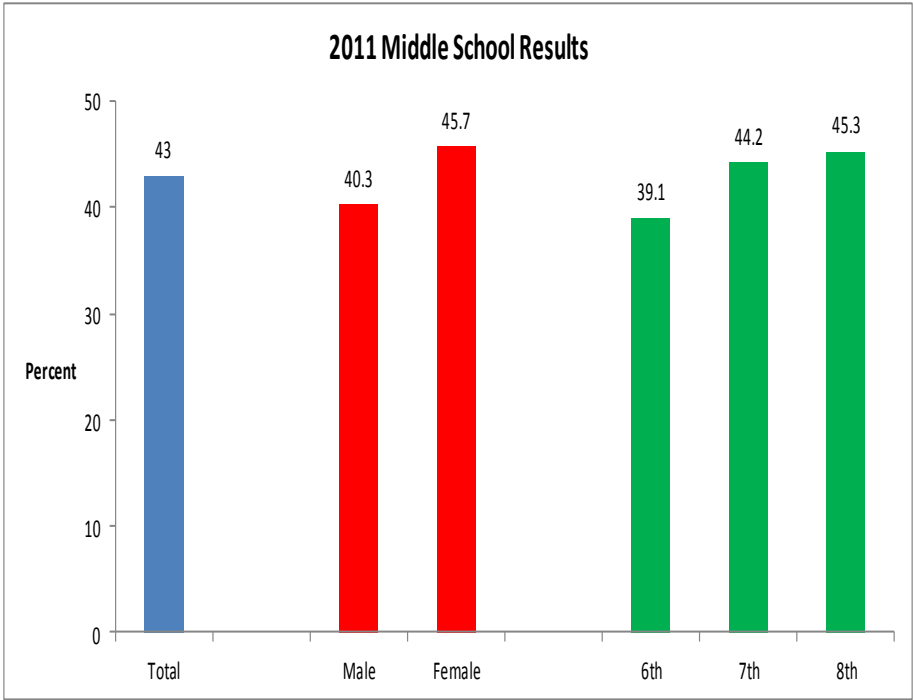
Percentage of students who would describe their grades in school as mostly A's or B's during the past 12 months

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



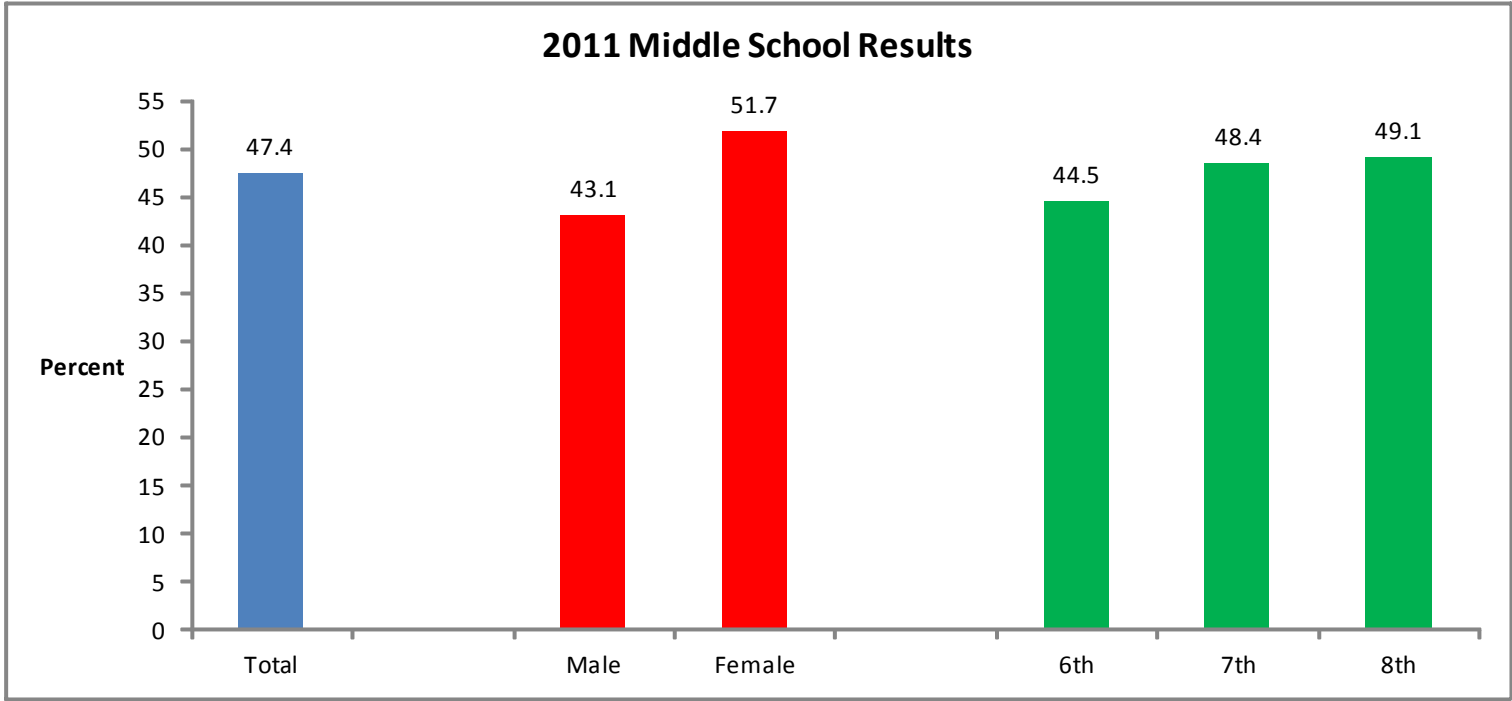
Percentage of students in whose home the people most of the time or always speak a language other than English

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



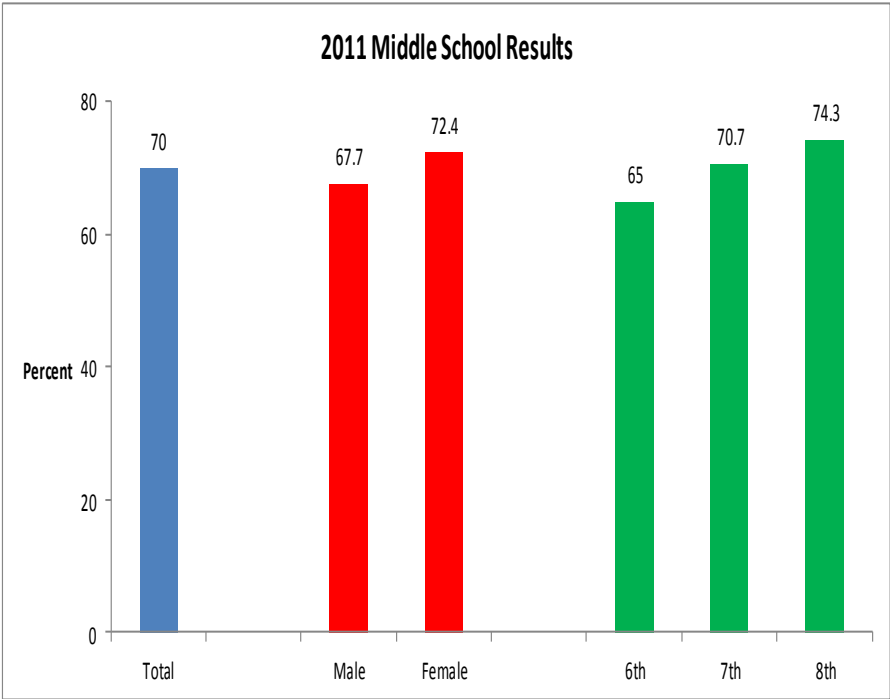
Percentage of students who participate in some traditional ceremonies such as puberty, blessing way, fire dance, or Yeibichei

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



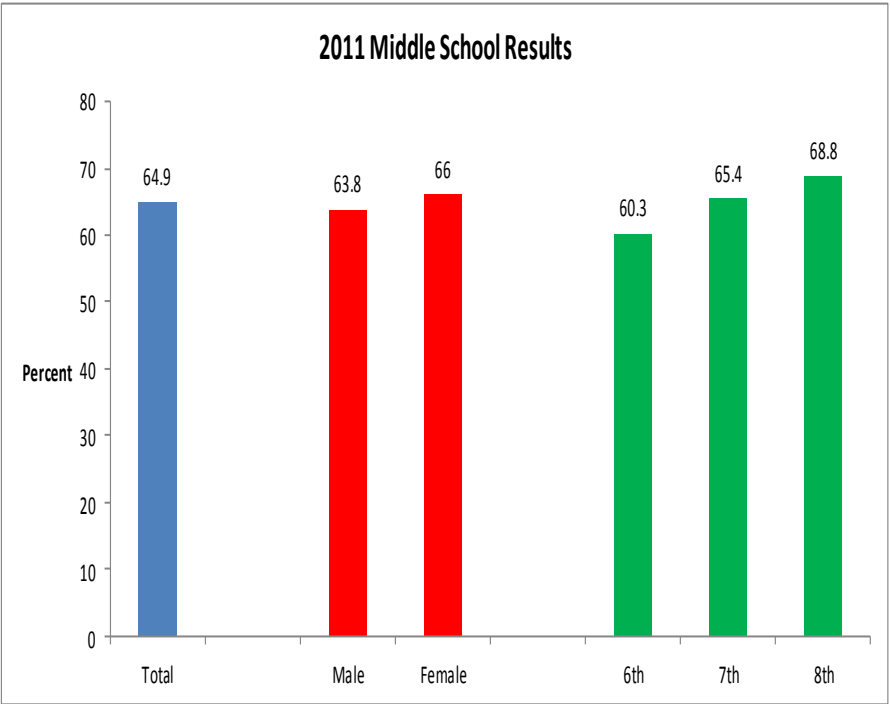
Percentage of students who know their mother’s clan or ancestry

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



Percentage of students who know their father’s clan or ancestry

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA

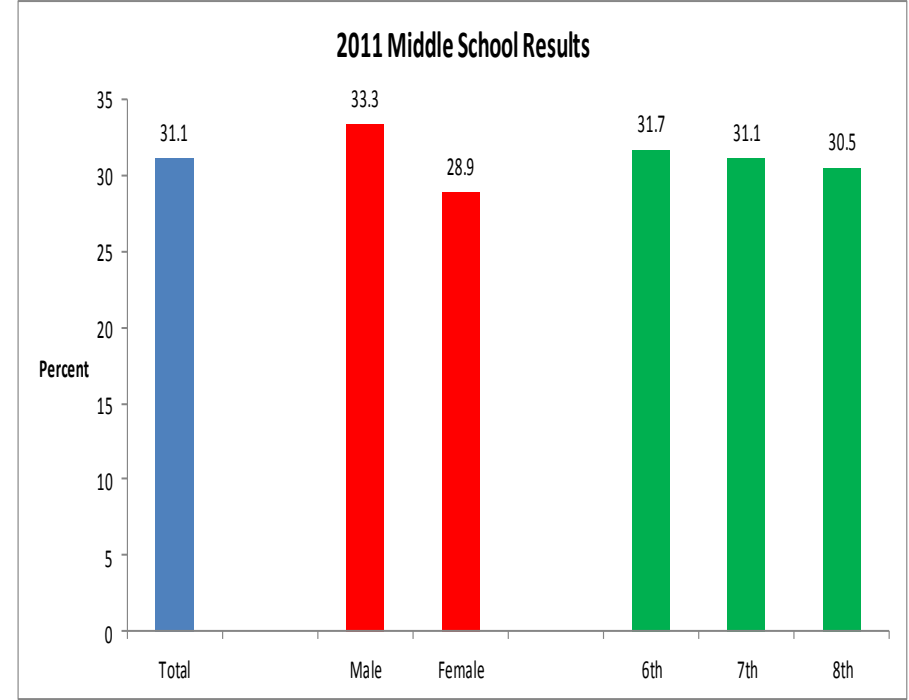
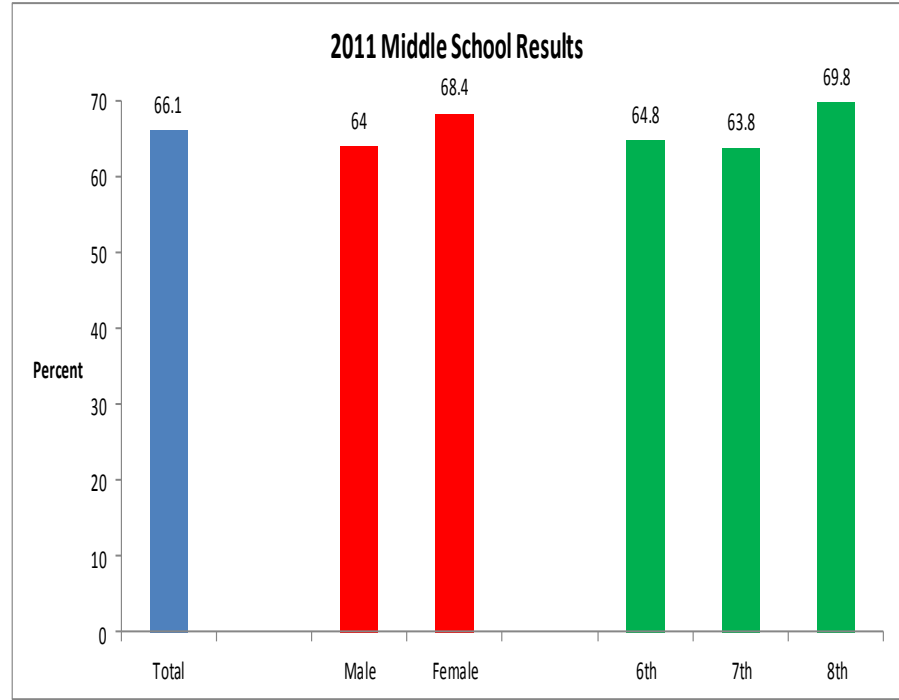


Percentage of Middle School students who know where to go for help about things that are important or questions affecting their life

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA

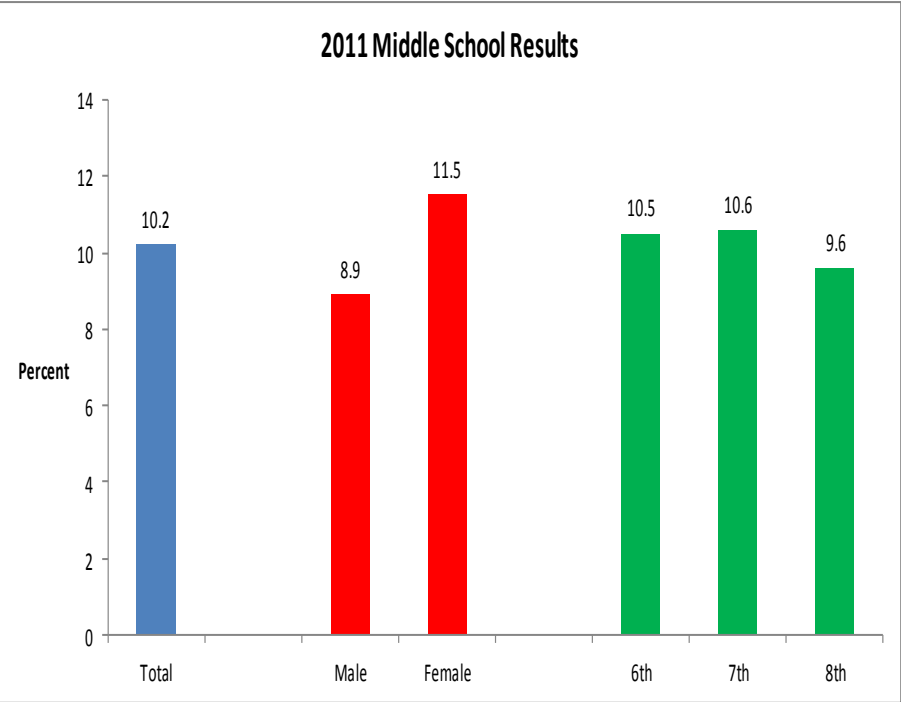
Percentage of students who responded that their parents or other adults in their family are never or rarely involved with their education, such as volunteering at school, helping with homework or projects, fund raising, or participating in the parent-teacher organization or parent advisory committee.

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



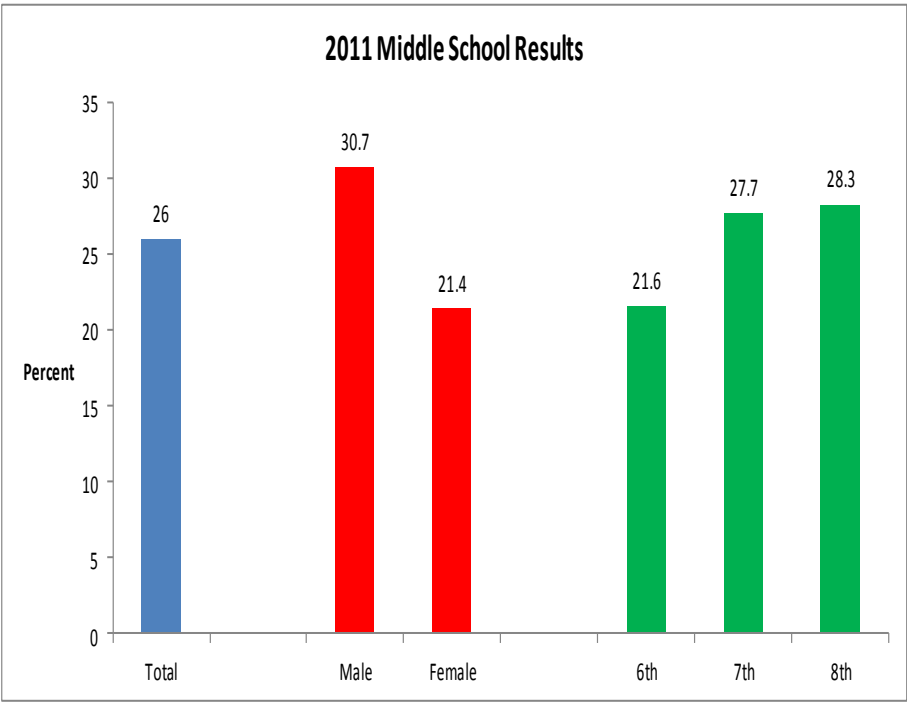
Percentage of students who responded that their family does not have enough money to buy the things they need such as food and clothing.

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



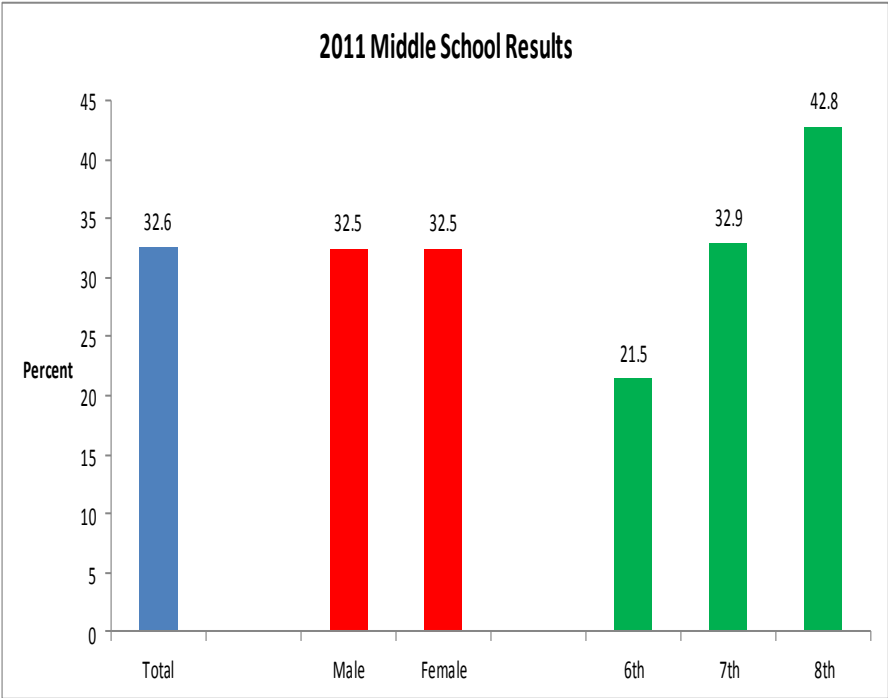
Percentage of students who responded that there is a gun in their home

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



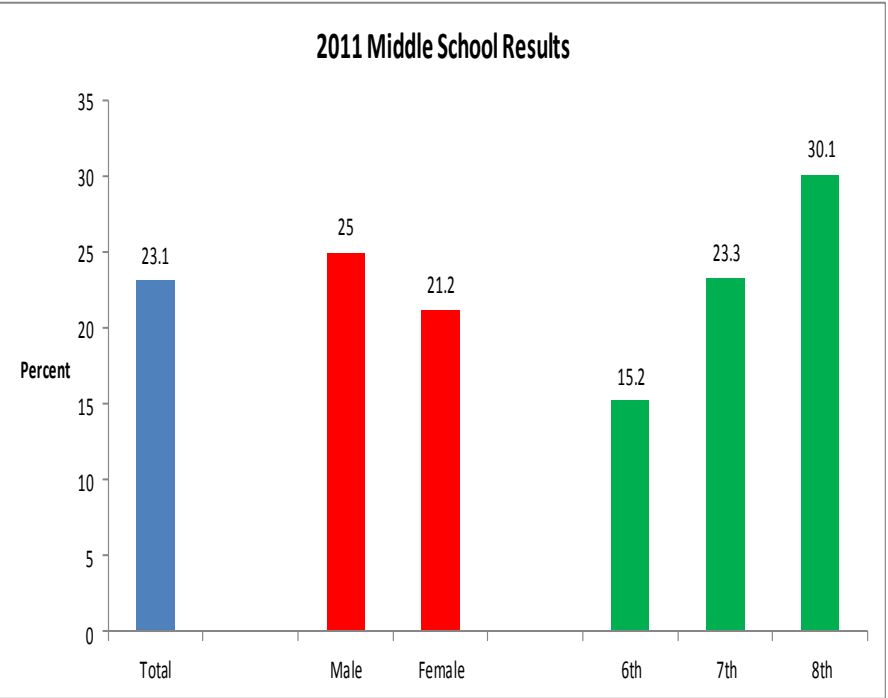
Percentage of students who responded that it would be very easy or easy for them to get alcohol if they wanted to

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



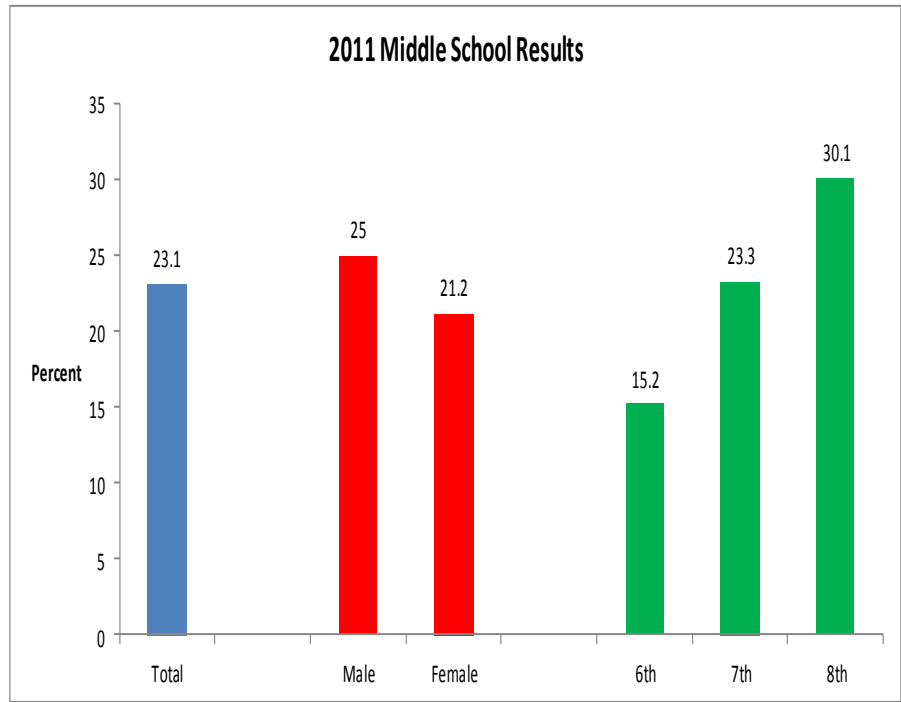
Percentage of students who responded that it would be very easy or easy for them to get cigarettes if they wanted to

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



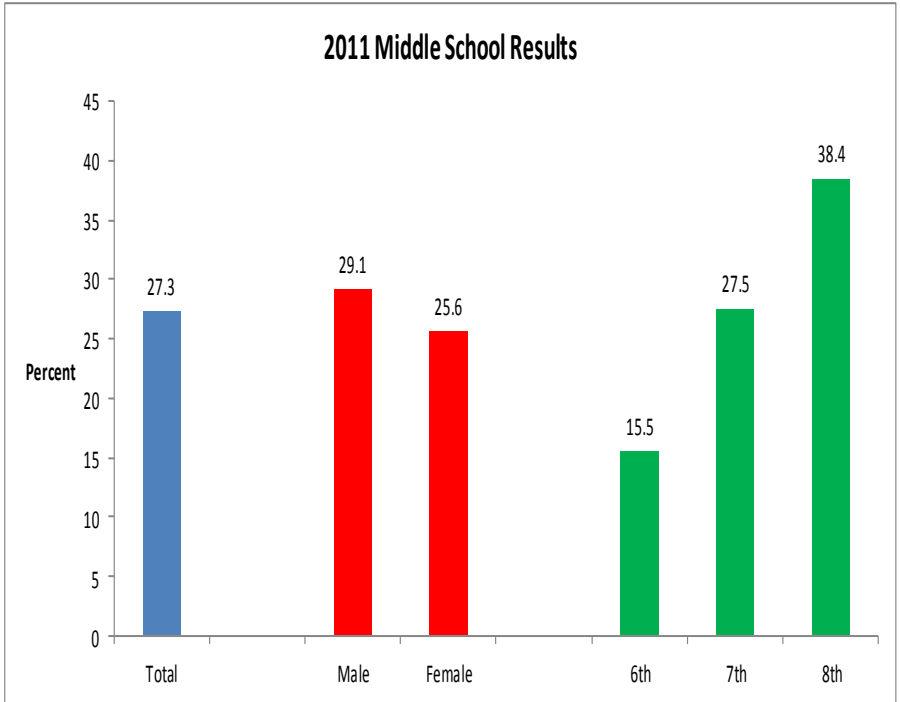
Percentage of students who responded that it would be very easy or easy for them to get chewing tobacco, snuff, or dip if they wanted to

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



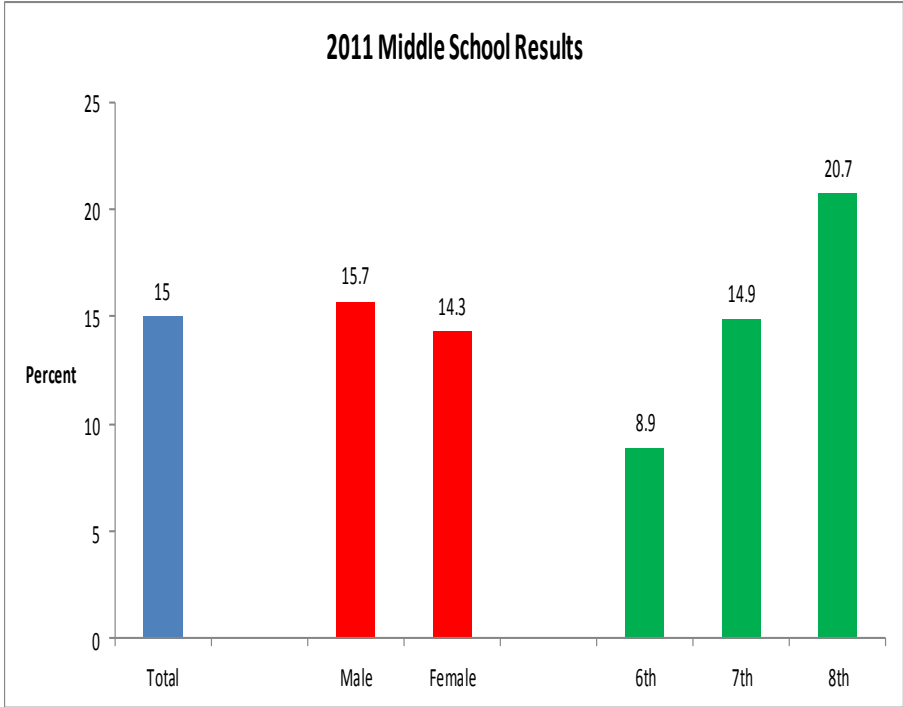
Percentage of students who responded that it would be very easy or easy for them to get marijuana if they wanted to

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



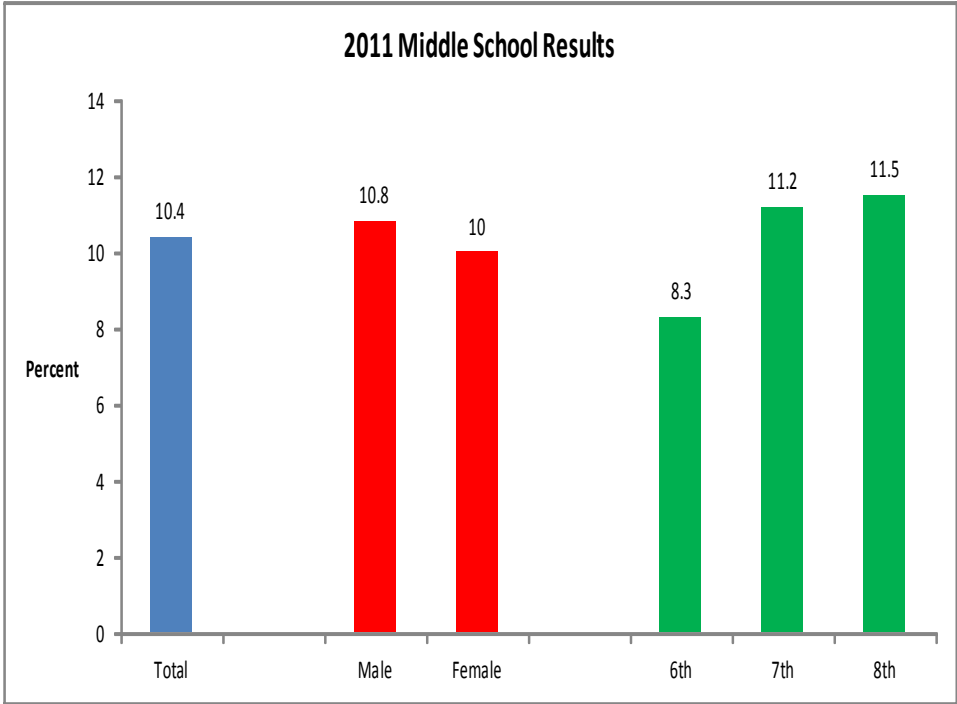
Percentage of Middle School students who responded that it would be very easy or easy for them to get some illegal drugs if they wanted to

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



Percentage of students who responded that it would be very easy or easy for them to get methamphetamines (also called speed, crystal, crank or ice) if they wanted to

Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA

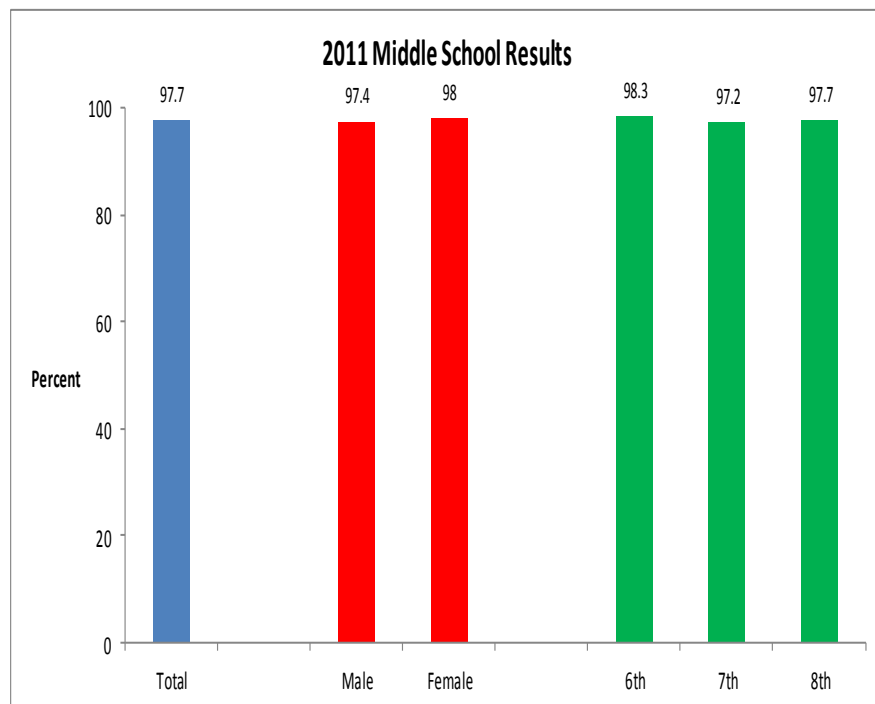


Percentage of students who responded that their parents think it would be very wrong or wrong for them to drink alcohol regularly

Healthy People 2020 Objective: None

2011 New Mexico Middle School: NA

2011 New Mexico Native American/Alaska Native: NA



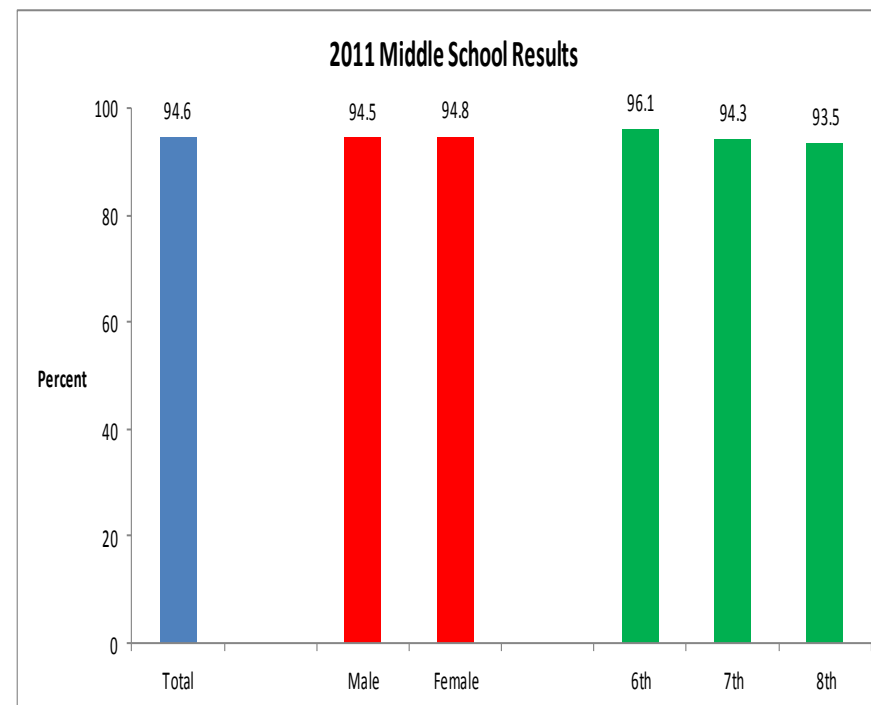
Percentage of students who think it is very wrong or wrong for someone their age to drink alcohol regularly

Healthy People 2020 Objective: 86.4% (8th grade),

85.4% (10th grade), 77.6% (12th grade)

2011 New Mexico Middle School: NA

2011 New Mexico Native American/Alaska Native: NA

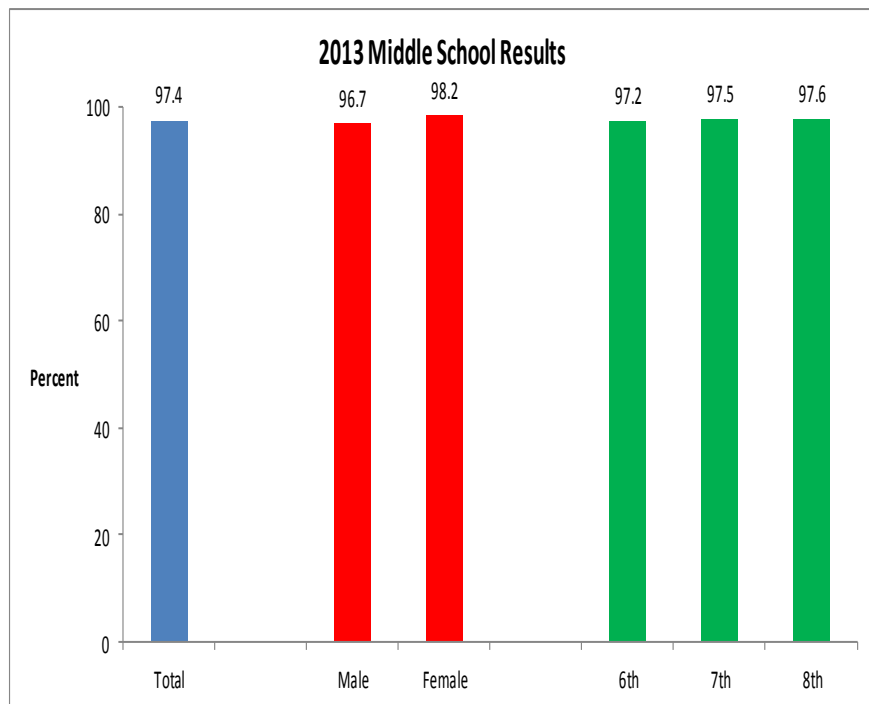


Percentage of students who responded that their parents think it would be very wrong or wrong for them to smoke cigarettes

Healthy People 2020 Objective: None

2011 New Mexico Middle School: NA

2011 New Mexico Native American/Alaska Native: NA

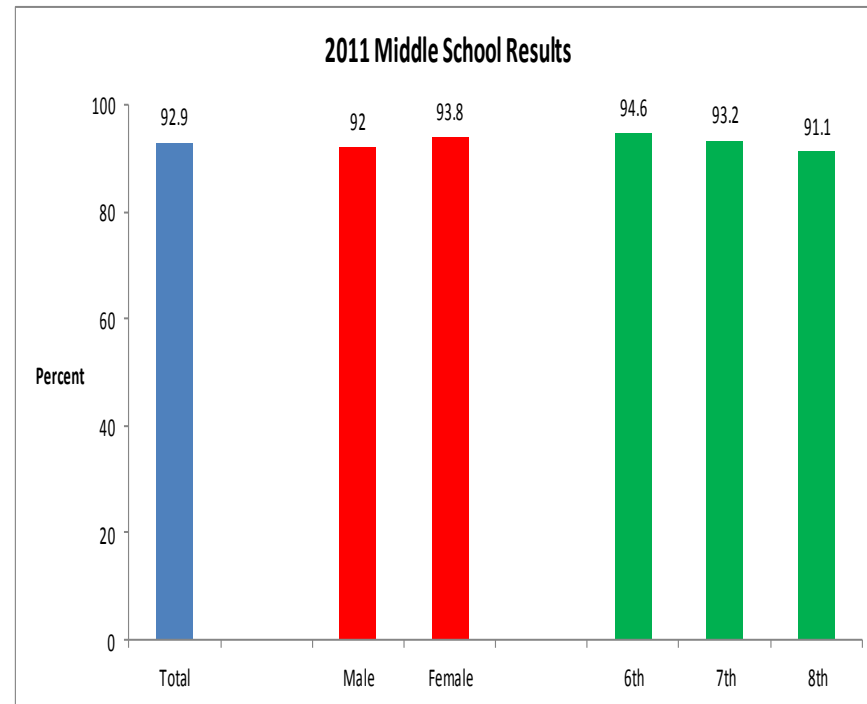


Percentage of students who think it is very wrong or wrong for someone their age to smoke cigarettes

Healthy People 2020 Objective: None

2011 New Mexico Middle School: NA

2011 New Mexico Native American/Alaska Native: NA

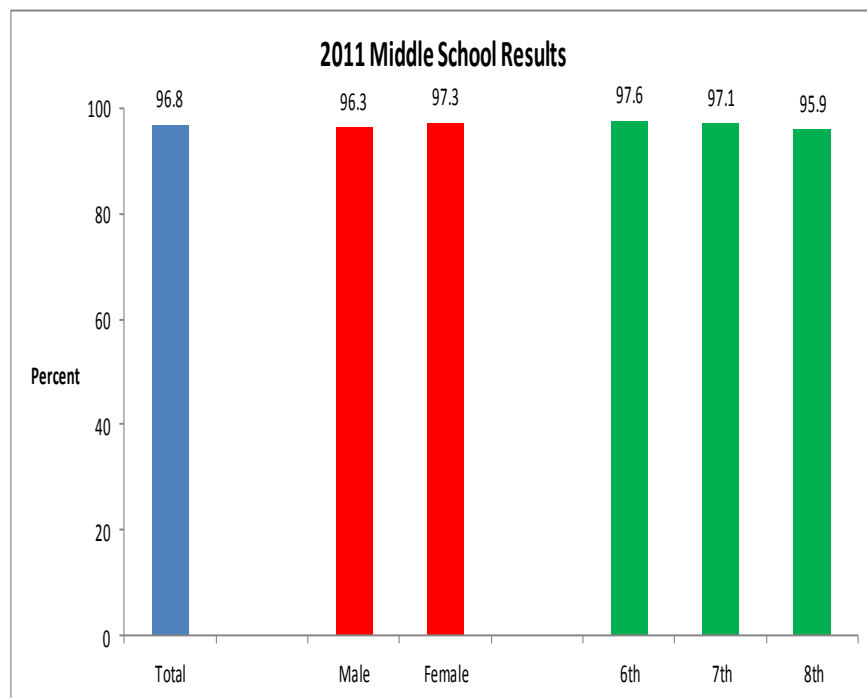


Percentage of students who responded that their parents think it would be very wrong or wrong for them to use marijuana

Healthy People 2020 Objective: None

2011 New Mexico Middle School: NA

2011 New Mexico Native American/Alaska Native: NA

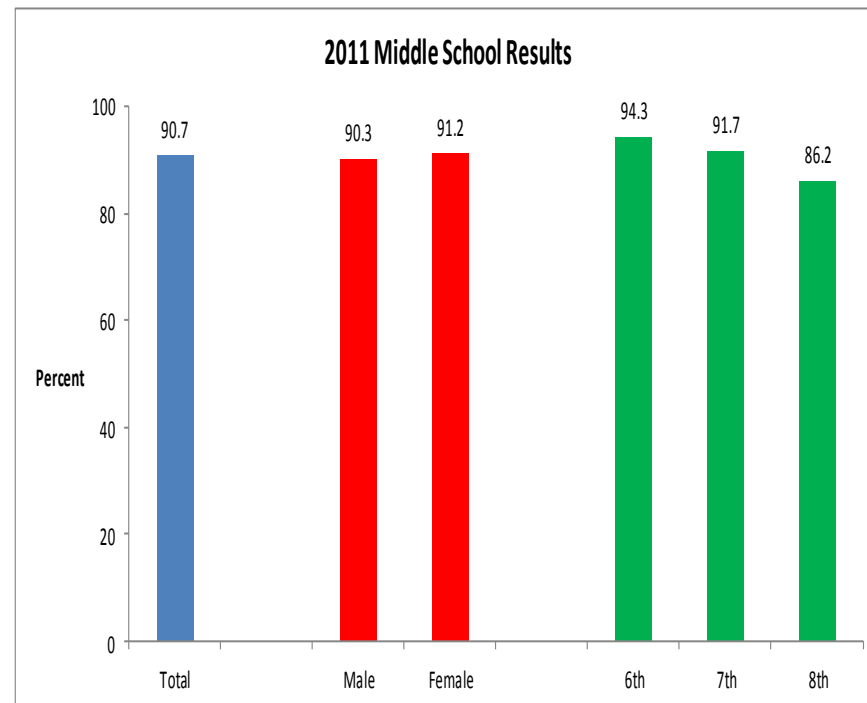


Percentage of students who think it is very wrong or wrong for someone their age to use marijuana

Healthy People 2020 Objective: 82.8% (8th grade)

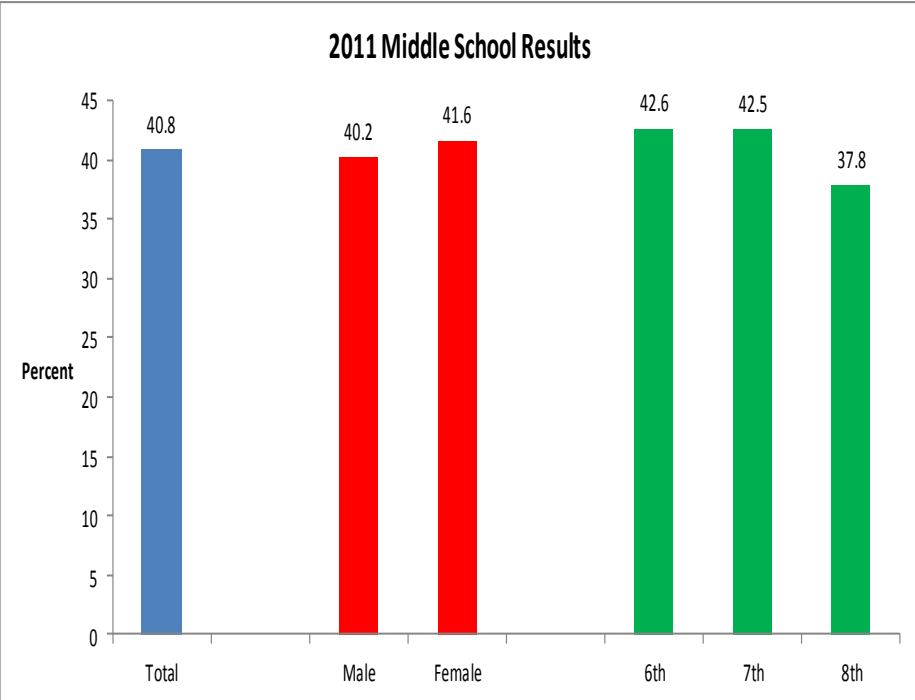
2011 New Mexico Middle School: NA

2011 New Mexico Native American/Alaska Native: NA



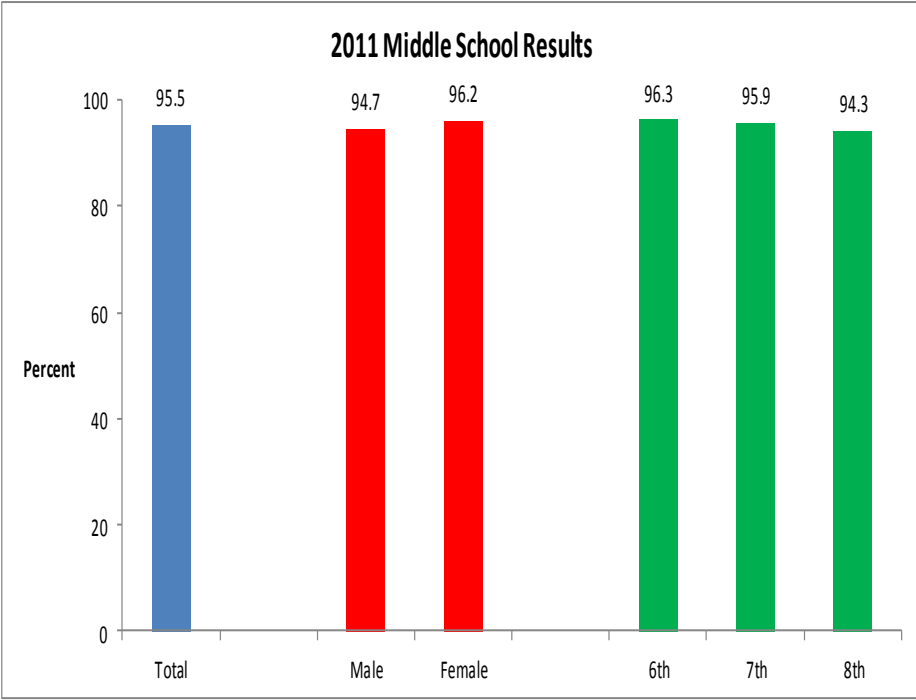
Percentage of students who think people greatly risk harming themselves (physically or in other ways) if they use marijuana regularly

Healthy People 2020 Objective: 37.3%
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA

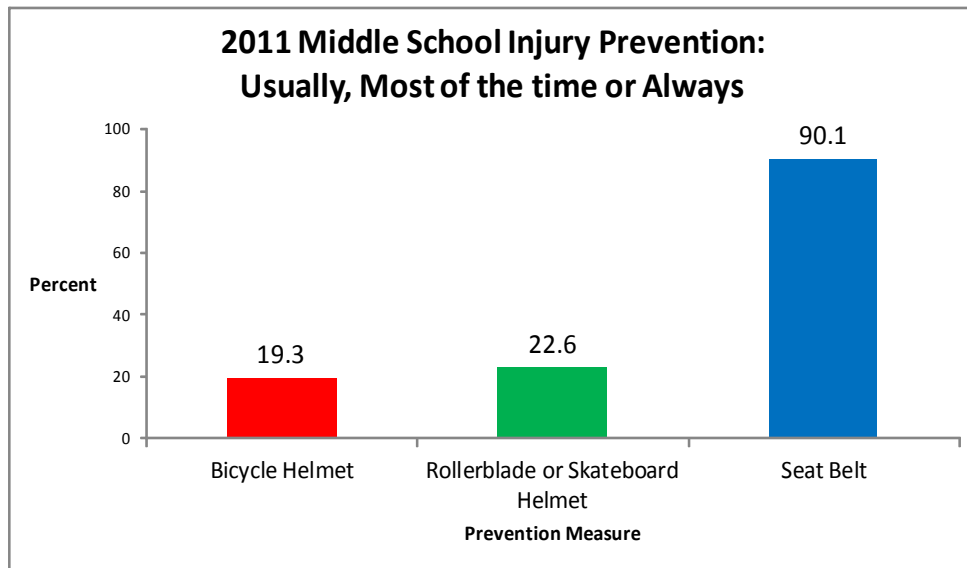


Percentage of students who think it is very wrong or wrong for someone their age to use any illegal drugs

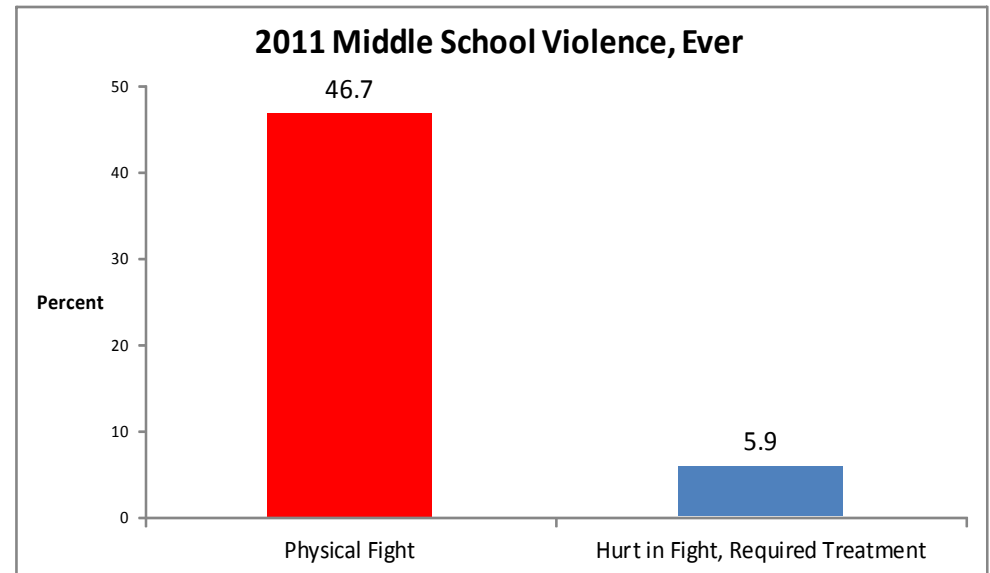
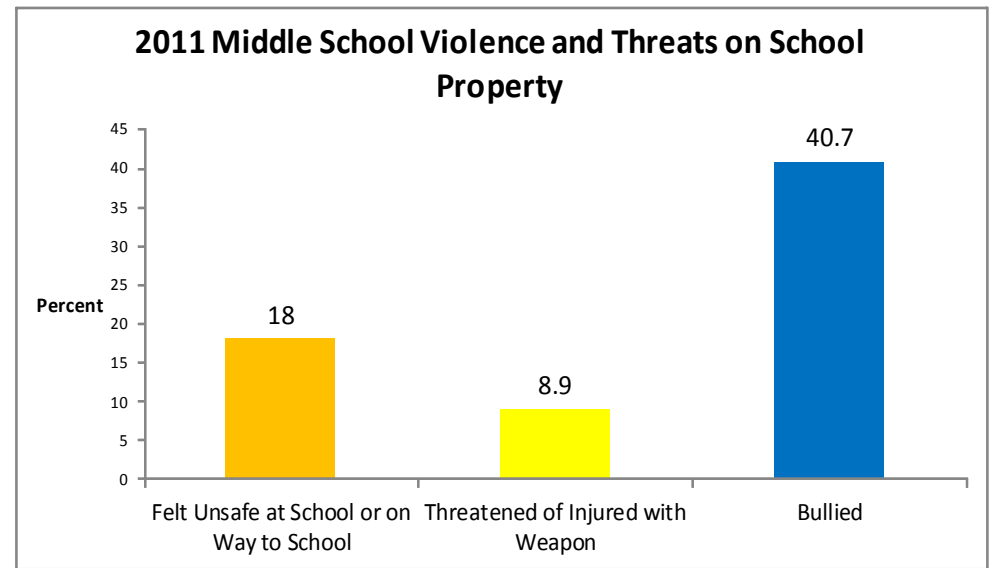
Healthy People 2020 Objective: None
2011 New Mexico Middle School: NA
2011 New Mexico Native American/Alaska Native: NA



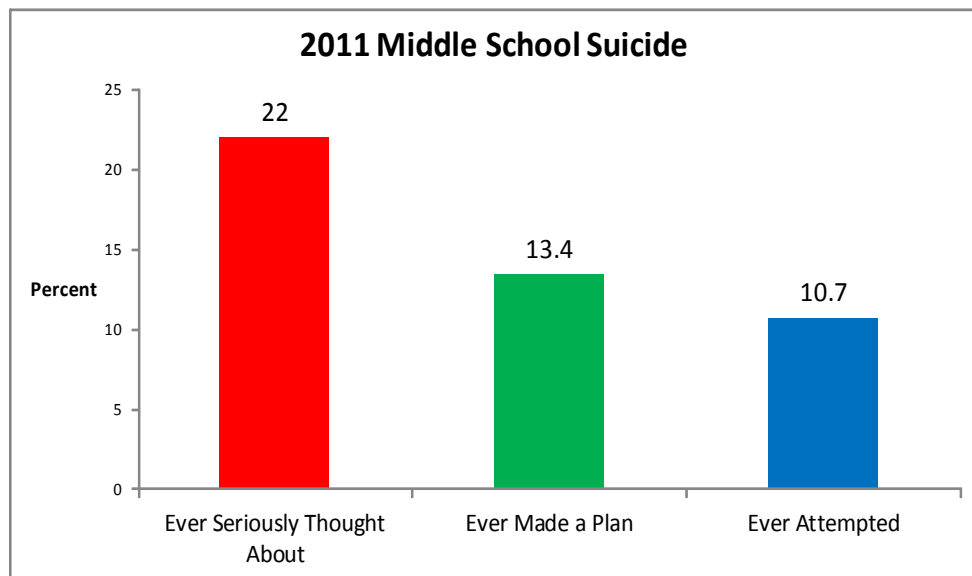
Injury Prevention



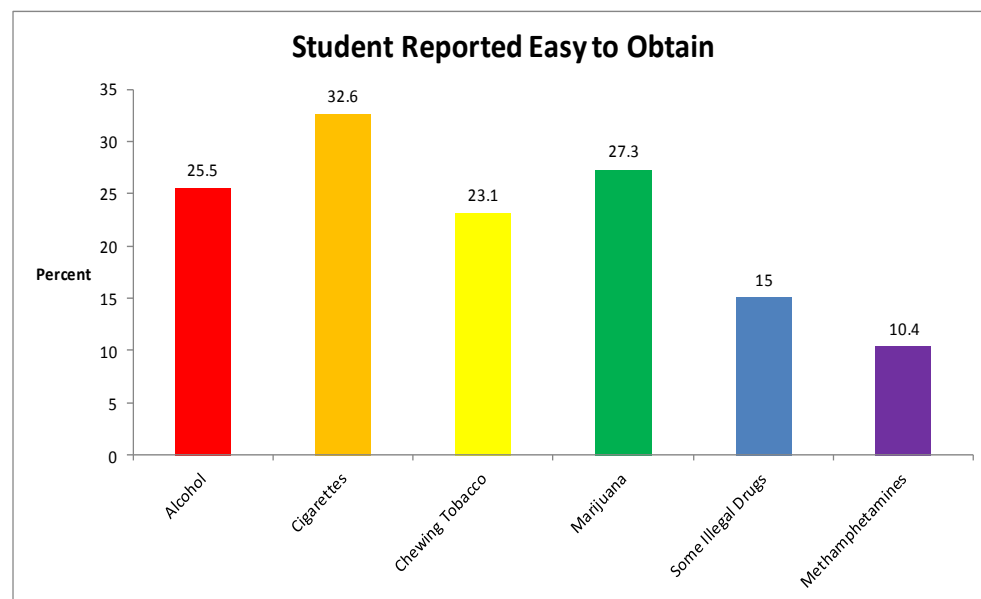
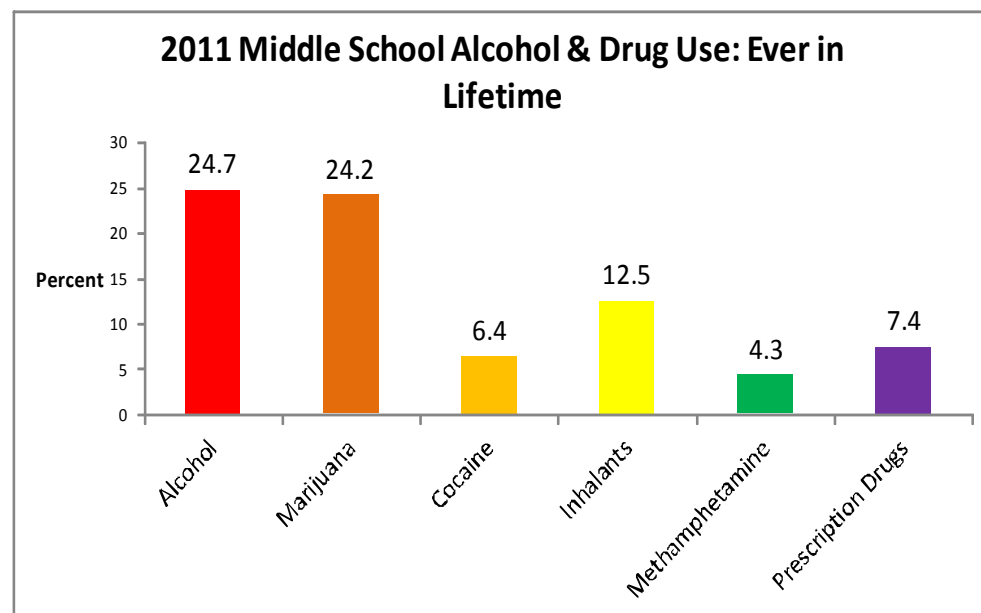
Violence



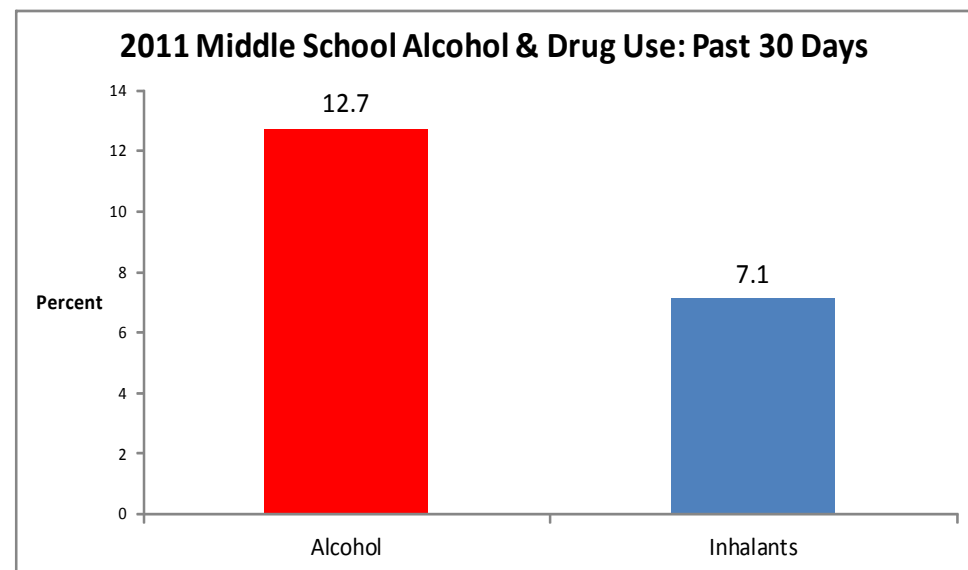
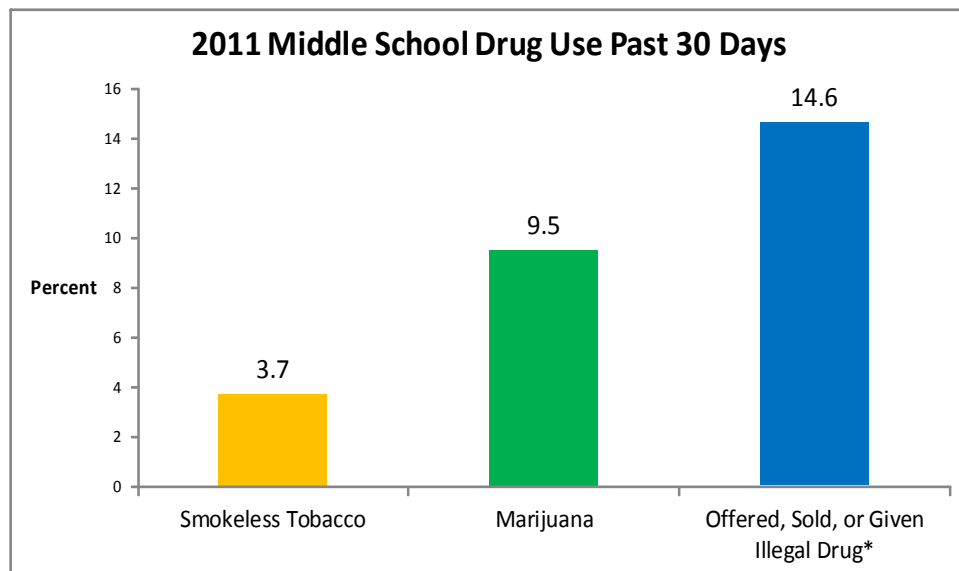
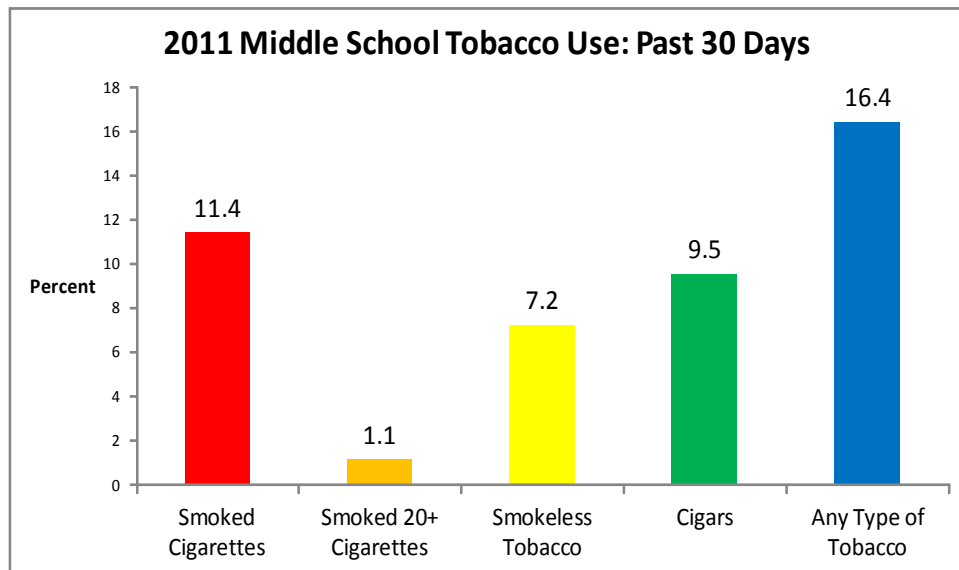
Suicide



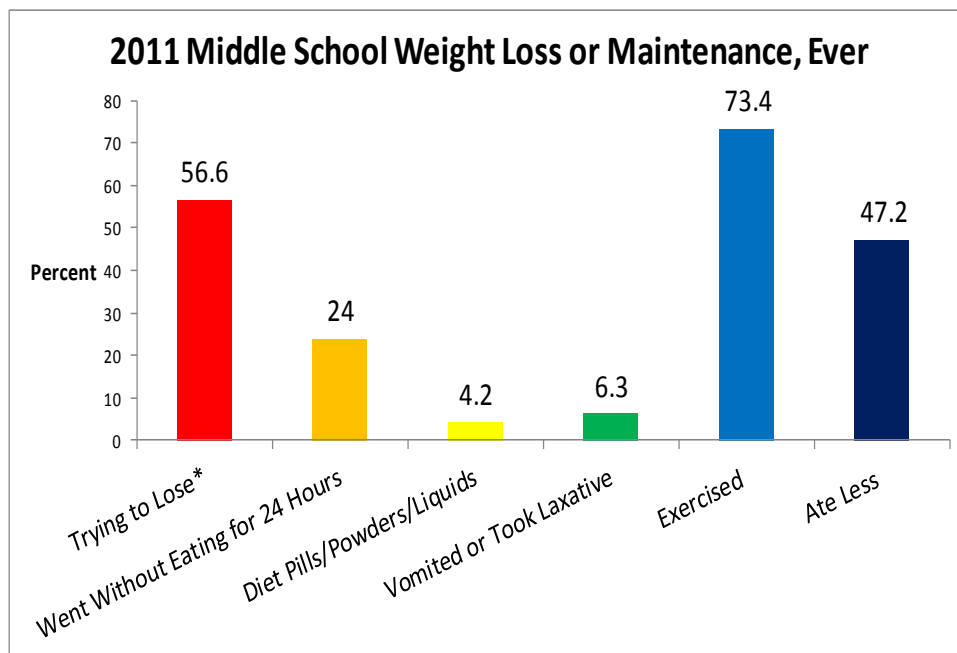
Current Alcohol & Drug Use



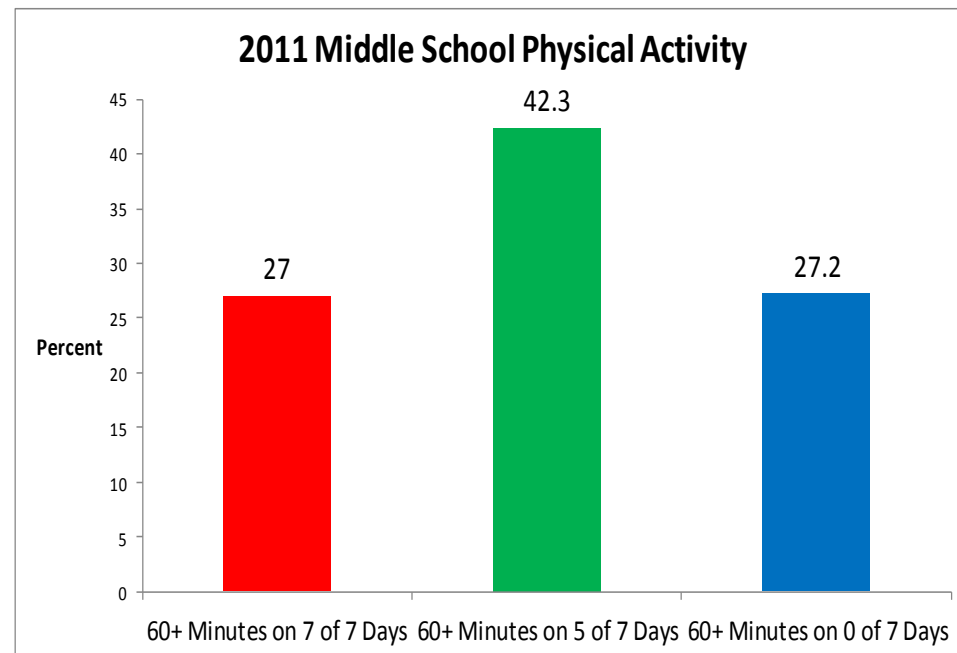
Tobacco, Alcohol & Drug Use on School Property



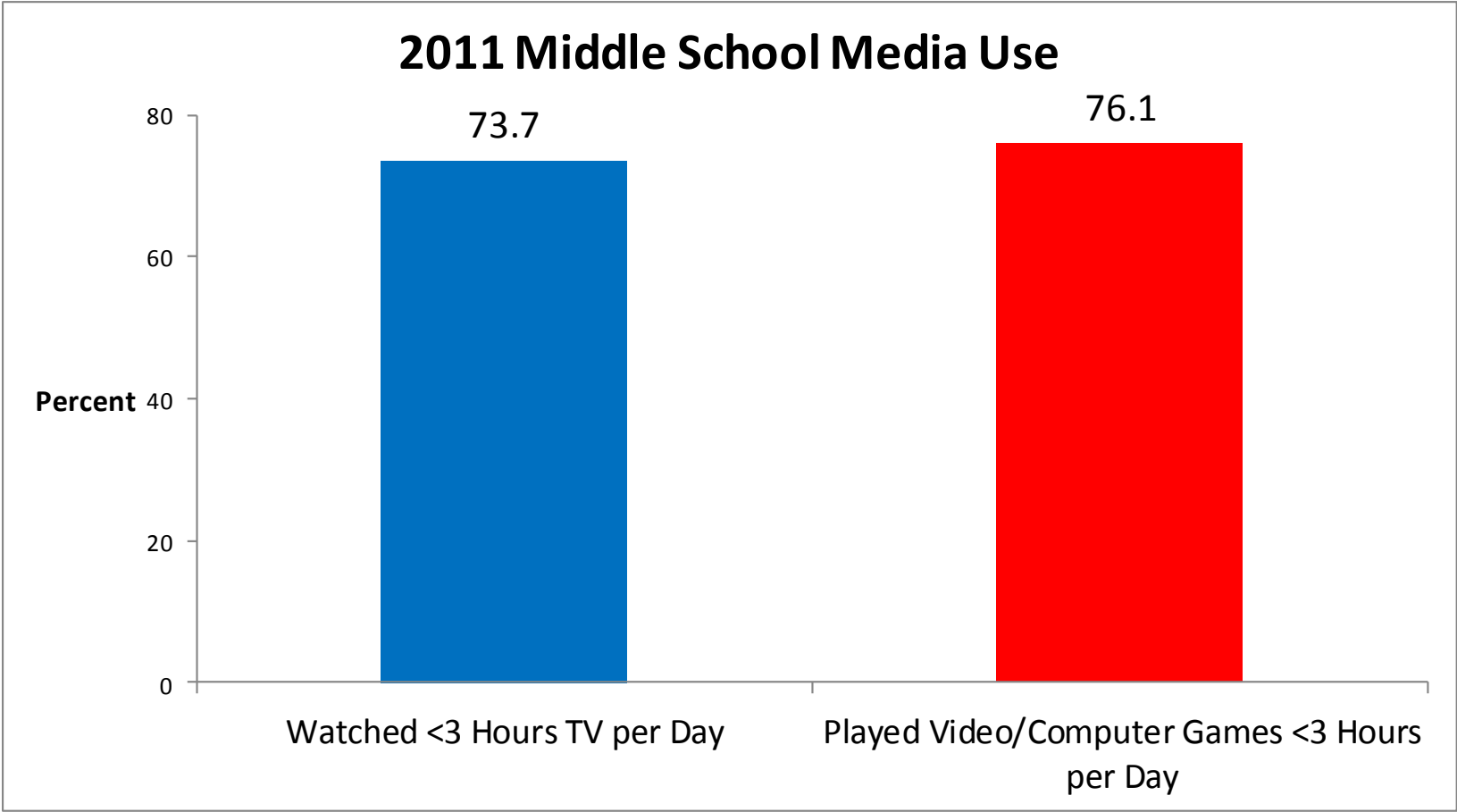
Weight Loss or Weight Maintenance




Physical Activity



Media Use





2011 NYRBS Questionnaire

2011 Navajo Middle School Youth Risk and Resiliency Survey

This survey is about health behavior. It has been developed so you can tell us what you do that may affect your health. The information you give will be used to develop better health education for young people like yourself.

DO NOT write your name on this survey. The answers you give will be kept private. No one will know what you write. Answer the questions based on what you really do.

Completing the survey is voluntary. Whether or not you answer the questions will not affect your grade in this class. If you are not comfortable answering a question, just leave it blank.

The questions that ask about your background will be used only to describe the types of students completing this survey. The information will not be used to find out your name. No names will ever be reported.

Make sure to read every question. Fill in the ovals completely. When you are finished, follow the instructions of the person giving you the survey

Thank you very much for your help.

Directions:

- Use a #2 pencil only.
- Make dark marks.
- Fill in a response like this: A B ● D.
- To change your answer, erase completely.

1. How old are you?

- A. 10 years old or younger
- B. 11 years old
- C. 12 years old
- D. 13 years old
- E. 14 years old
- F. 15 years old
- G. 16 years old or older

2. What is your sex?

- A. Female
- B. Male

3. In what grade are you?

- A. 6th grade
- B. 7th grade
- C. 8th grade
- D. Ungraded or other grade

4. Are you Hispanic or Latino?

- A. Yes
- B. No

5. What is your race? **(Select one or more responses.)**

- A. American Indian or Alaska Native
- B. Asian
- C. Black or African American
- D. Native Hawaiian or Other Pacific Islander
- E. White

6. During the past 12 months, how would you describe your grades in school?

- A. Mostly A's
- B. Mostly B's
- C. Mostly C's
- D. Mostly D's
- E. Mostly F's
- F. None of these grades
- G. Not sure

7. How often do you wear a seat belt when **riding** in a car?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

8. **When you ride a bicycle**, how often do you wear a helmet?

- A. I do not ride a bicycle
- B. Never wear a helmet
- C. Rarely wear a helmet
- D. Sometimes wear a helmet
- E. Most of the time wear a helmet
- F. Always wear a helmet

9. **When you rollerblade or ride a skateboard**, how often do you wear a helmet?

- A. I do not rollerblade or ride a skateboard
- B. Never wear a helmet
- C. Rarely wear a helmet
- D. Sometimes wear a helmet
- E. Most of the time wear a helmet
- F. Always wear a helmet

10. Have you ever ridden in a car driven by someone who had been drinking alcohol?

- A. Yes
- B. No
- C. Not sure

11. Is there a gun in your home?

- A. Yes
- B. No
- C. Not sure

12. Have you ever carried **a weapon**, such as a gun, knife, or club?

- A. Yes
- B. No

13. Have you ever been in a physical fight?

- A. Yes
- B. No

14. Have you ever been in a physical fight in which you were hurt and had to be treated by a doctor or nurse?

- A. Yes
- B. No

The next 11 questions ask about personal safety and violence-related behaviors.

15. During the past 30 days, on how many days did you **not** go to school because you felt you would be unsafe at school or on your way to or from school?

- A. 0 days
- B. 1 day
- C. 2 or 3 days
- D. 4 or 5 days
- E. 6 or more days

16. During the past 12 months, how many times has someone threatened or injured you with a weapon such as a gun, knife, or club **on school property**?

- A. 0 times
- B. 1 time
- C. 2 or 3 times
- D. 4 or 5 times
- E. 6 or 7 times
- F. 8 or 9 times
- G. 10 or 11 times
- H. 12 or more times

17. Is harassment or bullying by other students a problem at your school?

- A. Yes
- B. No
- C. Not sure

The next 3 questions ask about attempted suicide. Sometimes people feel so depressed about the future that they may consider attempting suicide or killing themselves.

18. Have you ever **seriously** thought about killing yourself?

- A. Yes
- B. No

19. Have you ever made a **plan** about how you would kill yourself?

- A. Yes
- B. No

20. Have you ever **tried** to kill yourself?

- A. Yes
- B. No

The next 13 questions ask about tobacco use.

21. Have you ever tried cigarette smoking, even one or two puffs?

- A. Yes
- B. No

22. How old were you when you smoked a whole cigarette for the first time?

- A. I have never smoked a whole cigarette
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

23. During the past 30 days, on how many days did you smoke cigarettes?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

24. During the past 30 days, how did you **usually** get your own cigarettes? (Select only **one** response.)

- A. I did not smoke cigarettes during the past 30 days
- B. I bought them in a store such as a convenience store, supermarket, discount store, or gas station
- C. I bought them from a vending machine
- D. I gave someone else money to buy them for me
- E. I borrowed (or bummed) them from someone else
- F. A person 18 years old or older gave them to me
- G. I took them from a store or family member
- H. I got them some other way

25. How wrong do **your parents** think it would be for **you** to smoke cigarettes?

- A. Very wrong
- B. Wrong
- C. Not wrong at all

26. How wrong do **you** think it is for **someone your age** to smoke cigarettes?

- A. Very wrong
- B. Wrong
- C. Not wrong at all

27. If you wanted to, how easy would it be for you to get cigarettes?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

28. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip**, such as Redman, Levi Garrett, Beechnut, Skoal, Skoal Bandits, or Copenhagen?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

29. During the past 30 days, on how many days did you use **chewing tobacco, snuff, or dip on school property**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

30. How old were you when you used chewing tobacco or snuff for the first time?

- A. I have never used chewing tobacco or snuff
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

31. If you wanted to, how easy would it be for you to get chewing tobacco, snuff, or dip?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

32. During the past 30 days, on how many days did you smoke **cigars, cigarillos, or little cigars**?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

The next 7 questions ask about drinking alcohol. This includes drinking beer, wine, wine coolers, and liquor such as rum, gin, vodka, or whiskey. For these questions, drinking alcohol does not include drinking a few sips of wine for religious purposes.

33. Have you ever had a drink of alcohol, other than a few sips?

- A. Yes
- B. No

34. How old were you when you had your first drink of alcohol other than a few sips?

- A. I have never had a drink of alcohol other than a few sips
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

35. During the past 30 days, on how many days did you have at least one drink of alcohol?

- A. 0 days
- B. 1 or 2 days
- C. 3 to 5 days
- D. 6 to 9 days
- E. 10 to 19 days
- F. 20 to 29 days
- G. All 30 days

36. How wrong do **your parents** think it would be for **you** to drink alcohol regularly?

- A. Very wrong
- B. Wrong
- C. Not wrong at all

37. How wrong do **you** think it is for **someone your age** to drink alcohol regularly?

- A. Very wrong
- B. Wrong
- C. Not wrong at all

38. If you wanted to, how easy would it be for you to get alcohol?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

**The next 8 questions ask about marijuana use.
Marijuana also is called grass or pot.**

39. Have you ever used marijuana?
- A. Yes
 - B. No
40. How old were you when you tried marijuana for the first time?
- A. I have never tried marijuana
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older
41. During the past 30 days, how many times did you use marijuana **on school property**?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
42. How wrong do **your parents** feel it would be for **you** to use marijuana?
- A. Very wrong
 - B. Wrong
 - C. Not wrong at all
43. How wrong do **you** think it is for **someone your age** to use marijuana?
- A. Very wrong
 - B. Wrong
 - C. Not wrong at all
44. If you wanted to, how easy would it be for you to get marijuana?
- A. Very easy
 - B. Easy
 - C. Hard
 - D. Very hard
45. How much do you think people risk harming themselves (physically or in other ways) if they use marijuana regularly?
- A. No risk
 - B. Slight risk
 - C. Moderate risk
 - D. Great risk

The next 13 questions ask about other drugs.

46. Have you ever used **any** form of cocaine, including powder, crack, or freebase?
- A. Yes
 - B. No
47. Have you ever sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high?
- A. Yes
 - B. No
48. How old were you when you sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high for the first time?
- A. I have never sniffed glue, breathed the contents of spray cans, or inhaled any paints or sprays to get high
 - B. 8 years old or younger
 - C. 9 years old
 - D. 10 years old
 - E. 11 years old
 - F. 12 years old
 - G. 13 years old or older
49. During the past 30 days, how many times did you sniff glue, breathe the contents of spray cans, or inhale any paints or sprays to get high?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times
50. During your life, how many times have you used a needle to inject any **illegal** drug into your body?
- A. 0 times
 - B. 1 time
 - C. 2 or more times
51. During your life, how many times have you used methamphetamines (also called meth, speed, crystal, crank, G, or ice)?
- A. 0 times
 - B. 1 or 2 times
 - C. 3 to 9 times
 - D. 10 to 19 times
 - E. 20 to 39 times
 - F. 40 or more times

52. If you wanted to, how easy would it be for you to get methamphetamines (also called meth, speed, crystal, crank, G, or ice)?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

53. During your life, how many times have you used a pain killer to get high, like Vicodin, Oxycontin (also called Oxy or OC), or Percocet (also called Percs)?

- A. 0 times
- B. 1 or 2 times
- C. 3 to 9 times
- D. 10 to 19 times
- E. 20 to 39 times
- F. 40 or more times

54. During the past 12 months, has anyone offered, sold, or given you an illegal drug **on school property**?

- A. Yes
- B. No

55. If you wanted to, how easy would it be for you to get any illegal drugs?

- A. Very easy
- B. Easy
- C. Hard
- D. Very hard

56. How wrong do **you** think it is for **someone your age** to use any illegal drugs?

- A. Very wrong
- B. Wrong
- C. Not wrong at all

The next 4 questions ask about sexual intercourse.

57. Have you ever had sexual intercourse?

- A. Yes
- B. No

58. How old were you when you had sexual intercourse for the first time?

- A. I have never had sexual intercourse
- B. 8 years old or younger
- C. 9 years old
- D. 10 years old
- E. 11 years old
- F. 12 years old
- G. 13 years old or older

59. With how many people have you ever had sexual intercourse?

- A. I have never had sexual intercourse
- B. 1 person
- C. 2 people
- D. 3 people
- E. 4 people
- F. 5 people
- G. 6 or more people

60. The **last time** you had sexual intercourse, did you or your partner use a condom?

- A. I have never had sexual intercourse
- B. Yes
- C. No

The next 7 questions ask about body weight.

61. How do **you** describe your weight?

- A. Very underweight
- B. Slightly underweight
- C. About the right weight
- D. Slightly overweight
- E. Very overweight

62. Which of the following are you trying to do about your weight?

- A. **Lose** weight
- B. **Gain** weight
- C. **Stay** the same weight
- D. I am **not trying to do anything** about my weight

63. Have you ever **exercised** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

64. Have you ever **eaten less food, fewer calories, or foods low in fat** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

65. Have you ever gone without eating for 24 hours or more (also called fasting) to lose weight or to keep from gaining weight?

- A. Yes
- B. No

66. Have you ever **taken any diet pills, powders, or liquids** without a doctor's advice to lose weight or to keep from gaining weight? (Do **not** include meal replacement products such as Slim Fast.)

- A. Yes
- B. No

67. Have you ever **vomited or taken laxatives** to lose weight or to keep from gaining weight?

- A. Yes
- B. No

The next 5 questions ask about physical activity.

68. During the past 7 days, on how many days were you physically active for a total of **at least 60 minutes per day**? (Add up all the time you spend in any kind of physical activity that increases your heart rate and makes you breathe hard some of the time.)

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days
- G. 6 days
- H. 7 days

69. On an average school day, how many hours do you watch TV?

- A. I do not watch TV on an average school day
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

70. On an average school day, how many hours do you play video or computer games or use a computer for something that is not school work? (Includes activities such as Nintendo, Game Boy, PlayStation, Xbox, computer games, and the Internet.)

- A. I do not play video or computer games or use a computer for something that is not school work
- B. Less than 1 hour per day
- C. 1 hour per day
- D. 2 hours per day
- E. 3 hours per day
- F. 4 hours per day
- G. 5 or more hours per day

71. In an average week when you are in school, on how many days do you go to physical education (PE) classes?

- A. 0 days
- B. 1 day
- C. 2 days
- D. 3 days
- E. 4 days
- F. 5 days

72. During the past 12 months, on how many sports teams did you play? (Include any teams run by your school or community groups.)

- A. 0 teams
- B. 1 team
- C. 2 teams
- D. 3 or more teams

The next 2 questions ask about other topics.

73. Have you ever been taught about AIDS or HIV infection in school?

- A. Yes
- B. No
- C. Not sure

74. Have you ever been taught about diabetes in school?

- A. Yes
- B. No
- C. Not sure

The next 6 questions ask about school and family life.

75. Do you know where to go for help about things that are important or questions affecting your life?

- A. Yes
- B. No
- C. Not sure

76. How often do you speak a language other than English (such as Spanish, American Indian, Vietnamese, etc.) at home?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

77. Do you participate in any traditional ceremonies such as puberty, blessing way, fire dance, or Yeibichei?

- A. Yes
- B. No
- C. Not sure

78. How often are your parents or other adults in your family involved with your education, such as volunteering at school, helping with homework or projects, fund raising, or participating in the parent-teacher organization or parent advisory committee?

- A. Never
- B. Rarely
- C. Sometimes
- D. Most of the time
- E. Always

79. Do you know your mother's and father's clan or ancestry?

- A. Yes, I know my mother's clan or ancestry
- B. Yes, I know my father's clan or ancestry
- C. Yes, I know my mother's and father's clan or ancestry
- D. No, I do not know my mother's and father's clan or ancestry

80. Does your family have enough money to buy the things they need such as food and clothing?

- A. Yes
- B. No

This is the end of the survey. Thank you very much for your help.



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